

Cooking

with

Milk

(FIFTH EDITION)

*107 exciting, nutritious recipes,
presented by*

N.S.W. MILK BOARD

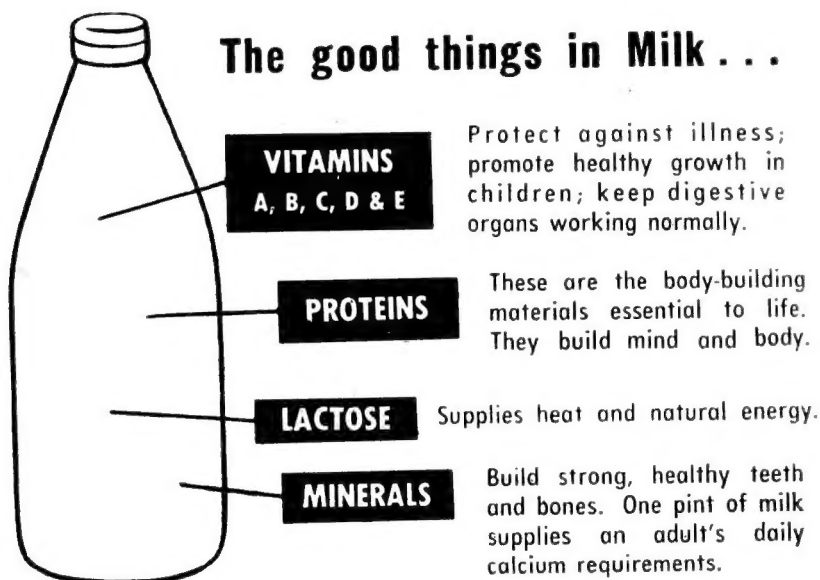
67 Regent Street, Sydney.

The N.S.W. Milk Board desires to acknowledge the very great assistance of the Home Management section of the Sydney County Council in the selection of these recipes, particularly that of the Supervisor of Home Management, Miss Una Clarkson. Acknowledgement is due also to the Department of Public Health for making available several features included in this book.

milk . . foundation of a good diet!

Since milk is the food intended by nature to be the sole diet of the young animal in its early life, it is not surprising that it contains all the nutrients necessary for health and growth. As milk is about 88% water, it cannot be used indefinitely for adults without other foods, because of the large quantities that would be needed. As the foundation of a good diet, however, milk is unsurpassed for all ages. Milk is easily digested, and a milk drink often helps to relieve acidity or indigestion. Milk is satisfying, too; tests have shown that it has a greater satiety value than any other food except meat.

How Much Milk Do We Need? Children need 1-1½ pints of milk every day; adolescents, 1½ pints; adults should have ½ pint a day and expectant and nursing mothers at least 1½ pints.



The protein of milk is of the highest quality. It is as good as the protein of meat and eggs, and superior to the protein of cereals and vegetables.

The **sugar** of milk is lactose. Lactose is not as sweet as ordinary table sugar but it is utilised in the body in the same way.

The **fat**, or cream, is present in a finely divided state; it is, therefore, easily digested. The yellow colour of cream and butter indicates the presence of vitamin A. The fat also contains vitamin D, which is necessary for the formation of teeth and bones. Cream is of benefit in some illnesses because it is an easily digested fat and its caloric value is high. For the normal person, however, cream is a pleasant luxury rather than an essential, for it lacks both protein and calcium, which are left in the skim milk after it is separated. Cream should never be regarded as a substitute for milk.

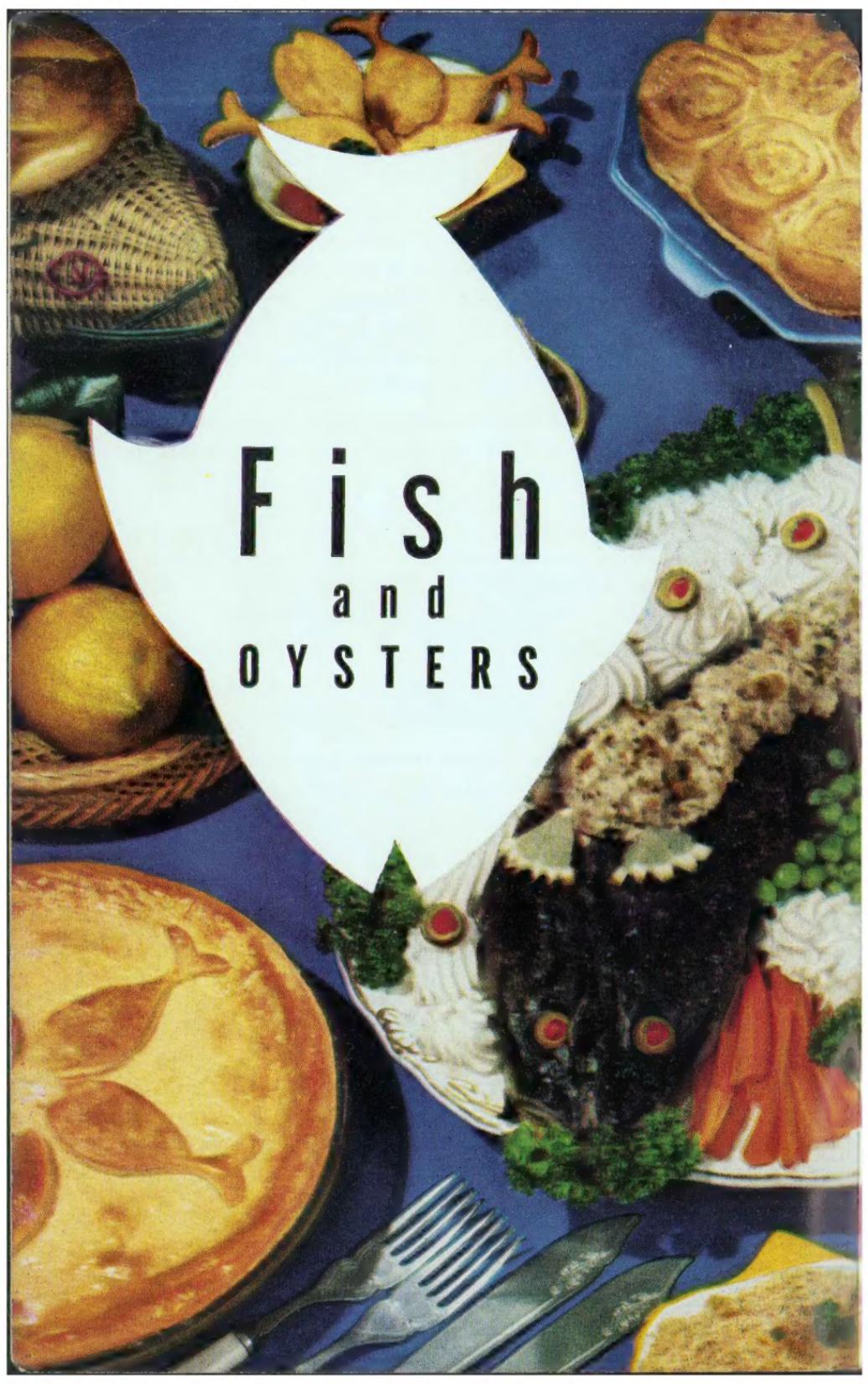
Among the **minerals** present in milk, the most important is calcium, the substance necessary for the growth and maintenance of the bones and the teeth.

Milk is not rich in iron, but is, nevertheless, an adequate food for a normal baby. The new-born baby carries a store of iron in his liver, provided his mother's diet has been adequate. When this store is used up the egg yolk, vegetables and meat that are added to his diet provide him with iron.

Milk contains all the known **vitamins**. As its vitamin C content, however, is not high, we cannot rely upon milk for this vitamin.

The Care of Milk. Milk should be kept covered and stored in an ice chest or refrigerator. It should not be allowed to stand in the sunlight as sunlight causes destruction of riboflavin and the development of off-flavours. Containers for milk should have straight sides, without joins or seams, so that they are easy to clean. Keep them scrupulously clean by rinsing them in cold water, washing in hot soapy water, and finally, scalding with boiling water. Stand the container upside down to drain rather than wipe with a cloth.

Milk for children under one year should be boiled; for older children pasteurised milk is suitable. Pasteurisation, which is simply a process whereby milk is heated and then cooled quickly, does not "kill the goodness" in milk, but it does kill the harmful bacteria. Scientific experiments have shown that when two groups of children were fed raw and pasteurised milk respectively, no difference could be detected between the groups with regard to height, weight and chest development. It was also found that the children drinking pasteurised milk suffered from fewer milk-borne diseases.



F i s h
a n d
O Y S T E R S



★ CRUMBED FISH BAR

- 1 lb. cooked flaked fish
(any kind may be used)
- 1 lb. mashed potatoes,
cooked and mashed with
milk
- 1 cup cooked small
macaroni

- 1 cup finely diced celery
- 2 eggs
- 1 level teaspoon salt
- $\frac{1}{2}$ level teaspoon pepper
- 2 tablespoons lemon juice

1. Combine ingredients. 2. Place in well-greased and lined loaf tin approx. 9in. x 5in. x 3in., which has been dusted with dry breadcrumbs. 3. Bake in moderate oven 35-40 minutes. 4. Serve with milky cheese sauce (see page 21), baked tomatoes and green peas.

★ FISH CLEMTINA WITH SAVOURY SAUCE

- 3 large fillets bream
- $\frac{1}{2}$ cup finely grated cheese
- $\frac{1}{2}$ cup soft breadcrumbs
- 1 level dessertspoon
chopped eschallots
- 1 level dessertspoon
chopped parsley

- $\frac{1}{2}$ level teaspoon salt
- $\frac{1}{2}$ level teaspoon pepper
- 1 teaspoon lemon juice
- 2 tablespoons milk
- Toothpicks

1. Wash fillets in salted water, dry and remove any bones. 2. Cut each fillet in half (not lengthwise). 3. Mix all ingredients together, except milk, and place a small portion of the mixture on broad end of each fillet; roll up and secure with toothpick or skewer. 4. Place the fillets in a shallow, well greased casserole dish with milk. 5. Cover with lid or greased paper and bake in moderate oven 10 to 12 minutes. 6. Garnish with lemon wedges and sprigs of parsley, serve with savoury sauce and vegetables in season.

★ FISH AND TOMATO LAYER LOAF

Tomato Layer:

- 3 level tablespoons gelatine
- $\frac{1}{2}$ cup cold water
- 1 pint tomato juice
(heated)
- Juice of $\frac{1}{2}$ lemon
- 1 level dessertspoon sugar
- $\frac{1}{2}$ level teaspoon salt
- 1 gherkin
- 1 large pickled onion

Fish Layer:

- 2 level tablespoons gelatine
- 1 cup hot water
- 1 cup cooked flaked smoked
fish
- $\frac{1}{2}$ pint medium thickness
white sauce
- Juice of $\frac{1}{2}$ a lemon
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{2}$ cup diced red pepper (if
available)
- Salt and pepper

1. Soften gelatine in cold water. 2. Dissolve gelatine in heated tomato juice and add other ingredients except gherkin and onion. 3. Use a small quantity of tomato jelly to set a pattern on base of a 2-pint wetted mould (approx. 7in. in diameter). 4. Slice gherkin and onion and use as a decoration on base of mould. 5. Dissolve gelatine in hot water and combine with remaining ingredients. 6. Set a layer of half this mixture on top of pattern. 7. Set a $\frac{1}{2}$ in. layer of tomato jelly on first fish layer and then another layer of remaining fish mixture. 8. Place remaining tomato jelly in a 7in. wetted sandwich tin. 9. Unmould layered jelly on top of 7in. tomato jelly. 10. Serve with vegetable salad in tomato baskets. Serves approx. 6-8.

Key to photograph on previous page (Top L. to R.):

Creamed Fish with Cheese Rolls, Savoury Fish with Mustard Sauce, Baked Fish with Vegetable platter, Cream Fish Pie, Scalloped Oysters 2, Cape Cod and Rice Savoury.

★ BAKED FISH

1 bream, flathead, snapper
(whole fish)
Lemon juice
1 cup breadcrumbs
Salt and pepper
Sprinkle of nutmeg

2 level tablespoons
chopped parsley
1 level tablespoon butter
A little milk
Lemon and parsley to
garnish

1. Thoroughly wipe the cleaned fish, cut off fins and tail (using scissors), remove eyes. 2. Rub inside and outside of fish with lemon juice. 3. Mix breadcrumbs with little salt, pepper, nutmeg, chopped parsley, and about half the butter. 4. Place about half this mixture inside fish and fasten fish together with skewers, or sew. 5. Grease ovenproof dish or baking dish and place dish in, brushing with milk. 6. Cover with greased paper; the addition of about $\frac{1}{4}$ cup milk may prevent excessive drying. 7. Cover with remaining seasoning and dot with butter. 8. Bake in moderate oven, for about 20-30 minutes, depending on size and thickness of fish. If fish is tender when tested with skewer, it is done. (Test in the thickest part). Garnish all fish dishes with lemon and parsley.

★ CREAM FISH PIE

1½ lb. bream
2 cups medium white sauce
1 large tomato (diced)
1 cup cheese (grated)
2 level tablespoons green
pepper (chopped)
1 level tablespoon parsley
(chopped)

1 teaspoon lemon juice
1 level teaspoon lemon rind
(grated)
 $\frac{1}{4}$ level teaspoon mustard
2 level teaspoons celery salt
Pinch of cayenne
5 oz. puffy pastry

1. Cook fish in boiling salted water to which has been added a slice of lemon and sprig of parsley. Remove fish and flake. 2. Add fish, tomato, cheese, green pepper, parsley, lemon juice, lemon rind, mustard, salt and cayenne, to white sauce. 3. Pour filling into 9in. pie plate and cover with puffy pastry. Decorate top with pastry rose and leaves and glaze with milk or egg and milk. 4. Bake in hot oven for 20-25 minutes approx. 5. Garnish with sprigs of parsley and lemon wedges and serve with parsley coated carrots and green peas.

★ CREAMED FISH WITH CHEESE ROLLS

2 level tablespoons butter
4 level tablespoons flour
Salt and pepper
2 cups milk
1½ cups cooked flaked fish
1 dessertspoon chopped
parsley
Grated rind and juice of 1
lemon
1 grated onion

Cheese Rolls:
1½ cups S.R. flour
 $\frac{1}{4}$ level teaspoon salt
Little cayenne
3 oz. butter
Approx. $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup grated cheese

1. Melt butter, add flour, salt and pepper and cook 1 minute. 2. Add milk and stir until boiled and thickened. Add fish, parsley and grated rind and juice of lemon and grated onion. 3. Place in greased ovenproof dish. 4. Sift flour, salt and pepper, rub in shortening. 5. Add enough milk to make a pliable dough. 6. Roll out to $\frac{1}{4}$ " thickness. Sprinkle with cheese, then roll up like swiss roll, cut in slices $\frac{3}{4}$ " thick and place on top of fish mixture. Bake in moderate oven approx. 30 minutes.

★ FISH MORNAV

- 1 large tin salmon or 1 small cooked fillet of fish for each person
- 3 oz. butter
- 4 oz. plain flour
- Salt to taste
- Cayenne pepper
- 1 pint of milk
- 1 pint fish stock (if insufficient stock is available milk may be used)

- Juice of $\frac{1}{2}$ lemon
- 1 or 2 sliced gherkins
- 1 tablespoon mayonnaise
- 1 beaten egg
- $\frac{1}{2}$ cup very tasty cheese or $\frac{3}{4}$ -1 cup cream cheese
- 1 cup soft breadcrumbs tossed in level tablespoon melted butter
- Parmesan cheese

1. Melt butter, add flour, salt and cayenne pepper. 2. Return to hotplate and cook for approx. 1 minute. 3. Add milk and stock and stir constantly until it boils and thickens. 4. Add lemon juice, gherkins, mayonnaise, beaten eggs, cheese and flaked salmon or cooked fish. 5. Pour into greased casserole dishes and top with buttered breadcrumbs. Top with parmesan cheese and place in a moderate oven to heat through and brown the breadcrumbs. Serves approx. 8 people.

★ SAVOURY CURRIED FISH

- 1½ to 2 lb. smoked cod fillets
- 3 oz. butter
- $\frac{1}{2}$ cup finely sliced onion
- 1 cup finely diced celery or cooked green peas

- 1 level dessertspoon curry powder
- $\frac{1}{2}$ cup plain flour
- Pinch of pepper
- 1 pint milk
- 1 level tablespoon chopped parsley



1. Place fillets in a pan, cover with cold water and bring to the boil. 2. Drain fish and remove skin and bones and flake it. 3. Melt the butter, add onion and celery and saute for 3 or 4 minutes until lightly browned. 4. Add curry powder, flour and pepper and mix well over heat. 5. Add milk and stir until thickened, then add parsley and flaked fish. 6. Grease an ovenproof dish well and dust with browned breadcrumbs. Pour the curried fish mixture into the dish, and top with soft, buttered breadcrumbs or cereal flakes. Bake for about 15 to 20 minutes. 7. Serve decorated with small wedges or slices of lemon and parsley.

★ CAPE COD & RICE SAVOURY

- $\frac{3}{4}$ lb. smoked cod fillets
- 1½ level tablespoons butter
- 1 level tablespoon flour
- Salt, pepper
- $\frac{3}{4}$ pint milk
- $\frac{1}{2}$ cup grated cheese
- 1 dessertspoon lemon juice

- 1½ cups cooked rice
- $\frac{3}{4}$ cup cornflakes or crushed plain biscuit crumbs
- 2 tablespoons grated cheese
- 2 tablespoons desiccated coconut
- 1 egg (optional)

1. Place fish in a pan and bring to the boil, pour off water and repeat. 2. Cook fish for about 10 minutes; drain, cool and remove skin and bones, then flake. 3. Make white sauce as follows: melt butter, add flour and seasonings, stir till blended. 4. Add milk all at once and stir until thick and boiling; add cheese, stir till melted. 5. Add flaked fish and lemon juice and rice to sauce and a well-beaten egg, then place mixture in a greased ovenproof dish. 6. Top with cornflakes, sprinkle with grated cheese and coconut and place in moderate oven, 15-20 minutes, or until the cheese is melted and dish is heated thoroughly.

★ SAVOURY FISH WITH MUSTARD SAUCE

One pound smoked fish
 $\frac{1}{2}$ cup vinegar
 1 lb. tomatoes
 1 onion
 1 teaspoon sugar
 Pinch cayenne pepper

1 cup soft white bread-
 crumbs
 2 tablespoons grated cheese
 $\frac{1}{2}$ level teaspoon salt
 1 dessertspoon butter
 1 egg white, tomato wedges
 and parsley to garnish

1. Remove skin and any bones from fish and cut into small pieces. 2. Wash in warm water, dry. Place in dish with vinegar, leave two hours, turning fish occasionally. 3. Line casserole dish with tomato slices, sprinkle with sugar and pepper. 4. Peel and chop onion finely, spread over tomatoes. 5. Arrange fish pieces in dish, cover with balance of tomatoes. 6. Combine breadcrumbs and 1 tablespoon of cheese, and salt; spread over tomatoes and dot with margarine or butter. 7. Place lid on casserole, bake in moderate oven for 25-30 minutes. 8. Beat egg white until stiff with pinch of salt, spread roughly over crumbs sprinkled lightly with balance of grated cheese, return to very moderate oven until meringue is lightly browned. Garnish with tomato wedges and parsley, serve with mustard sauce,

Mustard Sauce:

1 tablespoon vinegar
 1 level tablespoon flour
 Salt
 1 dessertspoon dry mustard

1 teaspoon sugar
 $\frac{3}{4}$ cup milk
 1 egg yolk
 1 tablespoon butter
 2 tablespoons thinly sliced
 pickles

1. Mix vinegar, flour, mustard, sugar and salt until smooth. 2. Beat egg yolk, add milk, stir into mustard mixture. 3. Bring to boiling point, stirring constantly. 4. Simmer 1 to 2 minutes, add melted margarine or butter and pickles. Reheat before serving.

★ SCALLOPED OYSTERS

1 doz. oysters
 $\frac{1}{4}$ pint of milk
 1 level dessertspoon butter
 1 level dessertspoon flour

Fine breadcrumbs
 Squeeze lemon juice
 Salt and cayenne to taste

1. Beard the oysters and simmer beards in milk for 5 minutes. 2. Strain and allow to cool. 3. Melt butter, add the flour off the heat, stir till smooth and cook for 1 minute. 4. Add liquid and stir until it boils and thickens. 5. Thickly grease some scallop shells with butter, sprinkle with breadcrumbs, then add oyster mixture, to which has been added the lemon juice, salt and cayenne. 6. Sprinkle a few crumbs on each and place a piece of butter on top. 7. Stand in oven or under griller until lightly browned. 8. Serve hot—garnish with parsley and lemon.

★ OYSTER MORNAY

2 level tablespoons butter
 3 level tablespoons flour
 Salt and cayenne
 $\frac{1}{2}$ pint milk
 Squeeze lemon juice

2 doz. bearded oysters
 3 tablespoons soft bread-
 crumbs
 3 tablespoons grated cheese
 Lemon and parsley to garnish

1. Melt butter, add flour, salt and cayenne, cook 2-3 minutes without brown-
 ing; add milk and stir till boiling. 2. Fold in lemon juice and bearded
 oysters. 3. Prepare individual scallop shells or shallow ovenproof ramekin
 dishes by greasing thoroughly. 4. Fill with oyster mixture, sprinkle tops
 thickly with crumbs and cheese mixed together. Place dishes on oven tray
 and brown in a moderate oven—approx. 10 minutes.



Soups

★ WINTERTIME CHOWDER

1 lb. shelled peas
1 medium onion (finely sliced)
1 cup water
1 cup raw potato cut into cubes
1 level teaspoon salt

2 level tablespoons butter
1 level tablespoon flour
2½ cups milk
1 medium tomato (skinned and sliced)
1 tablespoon chopped parsley

1. Gently cook peas and onions in the water for 10 minutes. 2. Add diced potatoes and salt and cook for another 10 minutes. 3. Place butter in saucepan and melt on a hotplate. 4. Add flour. When smooth add milk and stir until boiling. 5. Combine thin white sauce with vegetables and their liquid; simmer for 10 minutes, stirring frequently. 6. Add sliced tomato and parsley just before serving. Sufficient for 4 or 5 servings.

★ VEGETABLE CREAM SOUP

1 oz. butter
1 small carrot, turnip and onion
1 stick celery
Salt

Cayenne
Small bayleaf
1½ pints stock
1 oz. flour
1 pint milk

1. Melt butter in saucepan, add vegetables which have been previously shredded and steam for 10 minutes over low heat; do not allow to brown. 2. Add bayleaf and stock and simmer gently 1½ hours. 3. Blend flour with milk, add gradually to other ingredients, stirring well until the soup boils. 4. Boil for a few minutes to cook the flour, remove bayleaf, and season to taste before serving.

★ CHEESE SOUP

2 medium onions
1 oz. butter
1½ pints milk
1 bay leaf
1 oz. flour

3 oz. grated cheese
1 level teaspoon salt
Pinch of pepper
1 level dessertspoon chopped parsley

1. Dice onions and fry in butter till tender. 2. Add milk and bay leaf, bring to the boil. 3. Blend flour with a little cold milk and add to milk. Simmer for 15 minutes, stir occasionally. 4. Add grated cheese, seasonings and parsley. 5. Serve piping hot. Serves 3 to 4 persons.

★ CREAM SOUP

2 level tablespoons butter
2 level tablespoons plain flour

½ level teaspoon salt
½ pint liquid from cauliflower or any vegetable
½ pint milk

1. Melt butter. 2. Add flour and salt and cook for ½ minute. 3. Add vegetable liquid and milk and stir till boiling. Cook for 2 or 3 minutes. 4. Serve hot with sippets of toast and chopped parsley or grated cheese.

★ CREAM OF OYSTER SOUP

3 doz. oysters
3 pints fish stock
1 blade of mace (optional)
1 piece of lemon rind
3 level tablespoons butter
3 level tablespoons flour

1 pint milk or $\frac{3}{4}$ pt. milk
and $\frac{1}{4}$ pint cream
1 teaspoon of lemon juice
Salt and cayenne to taste
1 teaspoonful anchovy sauce

1. Beard the oysters, add beards to stock with lemon rind and mace and simmer $\frac{1}{2}$ hour, strain. 2. Melt butter, add flour, cook over low heat for 2 minutes, add milk and stock. Stir till mixture boils and thickens. 3. Flavour with lemon juice, cayenne and anchovy sauce. 4. Plump the oysters with hot oyster liquor and place in a soup tureen. 5. Re-heat the soup with cream but do not boil. 6. Pour over oysters.

★ CREAM OF CORN SOUP

2 level tablespoonfuls butter
2 level tablespoons plain
flour
 $\frac{1}{2}$ level teaspoon salt
1 pint milk

1 4oz. tin sweet corn
1 level tablespoon finely
chopped red and green
peppers
1 level tablespoon chopped
parsley

1. Melt butter. 2. Add flour and salt and cook 1 minute. 3. Add milk and stir until boiling. 4. Cook 2-3 minutes. 5. Add sweet corn and red and green peppers and chopped parsley. Serve hot with croutons. Serves 4.

★ CREAM OF CELERY SOUP

3 heads of celery
1 onion (coarsely chopped)
1 bay leaf
2 level tablespoons butter
2 level tablespoons flour

1 pint milk
 $\frac{1}{2}$ pint vegetable stock or
water
Salt and pepper to taste

1. Wash celery and cut into small pieces. 2. Cover with water and cook with onion and bay leaf until celery is soft. 3. Rub through sieve or colander. 4. Melt butter in saucepan, add flour, stir until smooth and cook for 2 minutes. 5. Add milk and stock and stir until boiling. 6. Add puree mixture, season to taste, with fried croutons.

★ TOMATO CREAM SOUP

$\frac{1}{2}$ lb. ripe tomatoes
1 small onion
2 level dessertspoons butter
1 pint vegetable stock or
water
1 clove

1 blade mace
Strip of bacon rind
1 level teaspoon salt
 $\frac{1}{4}$ level teaspoon pepper
 $\frac{1}{4}$ level teaspoon sugar
1 dessertspoon soaked sago
 $\frac{1}{2}$ pint milk

1. Prepare tomatoes and onion, dice roughly. 2. Melt butter in saucepan. Add vegetables, stir over low heat without browning till soft. 3. Add stock or water, clove, mace, rind, salt, pepper and sugar, bring slowly to boil and simmer until soft. 4. Rub through a coarse strainer, return to saucepan. 5. Add soaked sago, stir till clear. 6. Add milk slowly and re-heat. Do not boil after milk is added. Sufficient for 3 persons.



Meat

and POULTRY





★ BRAIN SAVOURY

- | | |
|---|-----------------------------------|
| 4 sets brains | 1 cup milk |
| $\frac{1}{2}$ lb. lean bacon | 4 level tablespoons grated cheese |
| 3 medium even-sized tomatoes | Salt and pepper to taste |
| $1\frac{1}{2}$ level dessertspoons butter | Browned breadcrumbs |
| $1\frac{1}{2}$ level dessertspoons flour | |

1. Soak brains in cold salted water. 2. Drain, remove skin and cook gently in salted water for 7-8 minutes. 3. Steam bacon for 3 or 4 minutes then line base of large pie plate with small pieces. 4. Place brains on top. Cut tomatoes in 8 wedges and arrange these around edge of pie plate and between sets of brains. 5. Prepare sauce by melting butter, add flour and cook for 1 minute then add milk all at once and stir constantly until thickened. 6. Add half quantity of grated cheese, salt and pepper. 7. Pour sauce over the brains. 8. Sprinkle remaining cheese and breadcrumbs on top and dot with butter. 9. Bake in moderate oven for approx. 15 minutes until golden brown. Garnish with sprigs of parsley.

★ MEAT BALLS WITH ASPARAGUS MORNAV

- | | |
|------------------------------------|-------------------------------------|
| 1 lb. round steak (cooked) | 1 egg (well beaten) |
| 1 medium grated onion | 2 level tablespoons chopped parsley |
| $\frac{1}{2}$ cup soft breadcrumbs | 1 tablespoon tomato sauce |
| Salt and pepper to taste | 1 tablespoon Worcestershire sauce |
| Pinch of herbs | |
| 1 teaspoon lemon juice | |

1. Put meat through the mincer. 2. Add remaining ingredients. 3. Shape into small balls and let stand for $\frac{1}{2}$ hour or more, then roll in flour, egg and breadcrumbs, and stand for a short time to firm. 4. Deep fry in a basket in fuming fat for about 3 minutes, or until golden brown. 5. Serve on a platter with toothpicks and garnish with parsley.

Asparagus Mornay:

- | | |
|--|-------------------------------|
| 4 level tablespoons butter | $\frac{3}{4}$ pint milk |
| $4\frac{1}{2}$ level tablespoons flour | 1 16oz. tin drained asparagus |

1. Melt butter. 2. Remove from hotplate and add flour. 3. Return to heat and cook for 1 minute. 4. Add milk all at once and stir until it boils and thickens. 5. Add asparagus.

Note: Liquid from asparagus may be used in place of half the milk. Corn may also be used in place of asparagus.

★ PASTRY SURPRISES

(Tasty party dish)

- | | |
|-----------------------------------|------------------------------------|
| 8 oz. plain flour | 4 oz. shortening |
| $\frac{1}{2}$ level teaspoon salt | 4 tablespoons milk (approx.) |
| 1 level teaspoon baking powder | 1 lb. cocktail frankfurts, skinned |

1. Sift dry ingredients. 2. Rub in shortening till mixture has the appearance of fine breadcrumbs. 3. Add milk gradually, making a dry dough. 4. Turn onto a floured surface and roll out thinly. 5. Cut into circles with a plain cutter 3in. in diameter. 6. Place a frankfurt in centre of each circle. 7. Glaze edges of pastry half way round; fold in half, join edges, and make into a half-moon shape. 8. Pinch frill round top edge. 9. Place on a greased slide and bake in moderate oven for 10 minutes. 10. Serve with tomato sauce and parsley.

Key to photograph on previous page (Top L. to R.):

Cheeseburger Pie, Dutch Curry, Spaghetti Beef Savoury, 2 Brain Savouries, Chicken and Mushroom Rice Ring, Roast Chicken with Baked Vegetables.

★ CREOLE KIDNEYS

- 4 sheep's kidneys
- 3 level tablespoons seasoned flour (flour, salt and pepper)
- 3 rashers bacon (chopped)
- 2 medium onions (finely chopped)

- 3 level tablespoons chopped green pepper (optional)
- $\frac{1}{2}$ cup chopped celery
- 1 8oz. can tomato puree
- 1 cup milk
- 2 level teaspoons salt
- $\frac{1}{2}$ level teaspoon pepper

1. Wash kidneys, remove skin, cut in halves and remove fat and tubes. Soak in salted water for about 5 minutes. 2. Roughly dice kidneys and toss in seasoned flour. 3. Lightly fry bacon, add chopped kidneys and brown well in the bacon fat. (A little extra fat may be required). 4. Add onions, green peppers, and celery and cook until onion is lightly browned. 5. Add puree, milk, salt and pepper and mix thoroughly. 6. Place lid on saucepan and simmer for 30 to 40 minutes. 7. Serve with fingers of toast and garnish with finely chopped parsley. Serves 4 to 6 persons.

★ DUTCH CURRY

- 1 $\frac{1}{2}$ lb. minced cold cooked meat
- 1 small onion (diced)
- 2 level tablespoons butter
- 1 level tablespoon curry powder
- 1 slice bread
- 1 level teaspoon salt

- 2 tablespoons chopped nuts (level)
- 2 level tablespoons sultanas
- 1 level tablespoon coconut
- 2 level teaspoons sugar
- 2 eggs
- 2 cups heated milk
- Boiled rice or spaghetti

1. Fry onion in butter and add curry powder. 2. Dip bread in enough stock to moisten it then beat it in with the onion. 3. Add all ingredients except eggs and milk. 4. Beat the eggs, add the heated milk. 5. Place the mixed ingredients in a greased ovenproof dish, pour over milk and egg mixture and dot with butter. 6. Bake in a moderately hot oven for about 30 to 40 minutes. 7. Serve with boiled rice, chutney and lemon slices. Garnish with parsley.

★ FRICASSEED MUTTON

- 1 lb. neck chops
- 1 onion, diced
- Approx. $\frac{1}{2}$ pt. stock or water
- Pepper to taste
- 1 level teaspoon salt

- $\frac{1}{2}$ pint milk
- 2 level tablespoons flour
- 2 level tablespoons chopped parsley

1. Wipe chops with a damp cloth. 2. Trim off fat and marrow, keeping the chops in a nice shape. 3. Put chops and onion into a saucepan with sufficient stock to barely cover them. 4. Add salt and pepper, bring to the boil, then simmer gently for 1 $\frac{1}{2}$ hours. 5. Add milk. 6. Blend flour smoothly with a little extra milk or water. 7. Stir blended flour in carefully and cook 3 minutes. Add finely chopped parsley. 8. Serve on a hot dish.

★ CREAMED CHICKEN

- 2 level tablespoons butter
- 2 level tablespoons flour
- 1 cup milk

- Salt and pepper to taste
- 2 cups cooked chicken
- 1 level tablespoon chopped parsley

1. Make a white sauce; melt butter, but do not brown. Add flour and blend till smooth, cook for 1 to 2 minutes. Add milk, stirring constantly till it boils and thickens. 2. Add seasonings, chicken and parsley, and simmer until chicken is thoroughly heated. 3. Serve with boiled rice, creamed potatoes, or on buttered toast.

★ CHEESEBURGER PIE

Rich Shortcrust Pastry:

6 oz. plain flour
 $\frac{1}{4}$ level teaspoon salt
 $\frac{1}{4}$ level teaspoon baking powder

4 oz. butter
 1 egg yolk (if available)
 2 tablespoons water
 Squeeze lemon juice

1. Sift flour, salt and baking powder into a bowl. 2. Rub in butter with tips of fingers. 3. Mix egg yolk, water and lemon juice and add to mixture making a dry dough. 4. Turn onto a floured surface and roll out to fit 9in. pie plate.

Filling:

2 eggs beaten
 $\frac{1}{4}$ cup grated onion
 $\frac{1}{2}$ cup milk
 1 level tablespoon dry mustard
 $\frac{1}{2}$ cup tomato sauce
 1 level tablespoon chopped parsley

1 tablespoon Worcester-shire sauce
 2 level teaspoons salt
 1 cup soft white breadcrumbs
 1 lb. round steak minced
 6 very thinly sliced wedges of tasty cheese

1. Combine all ingredients except cheese. 2. Spread mixture into pastry shell and bake in moderate oven for 45 minutes. 3. Remove from oven and arrange cheese wedges in position on top of filling, then return to oven until cheese melts in approximately 5 minutes. 4. Garnish with parsley. Serves approximately 8.

★ SPAGHETTI BEEF SAVOURY

6 oz. spaghetti or noodles
 2 oz. butter
 $\frac{1}{4}$ cup plain flour
 $1\frac{1}{4}$ level teaspoons salt
 $\frac{1}{2}$ level teaspoon pepper
 $\frac{1}{2}$ level teaspoon dry mustard
 1 dessertspoon Worcester-shire sauce

2 cups milk
 1 level tablespoon grated onion
 $\frac{3}{4}$ cup sharp grated cheese
 $1\frac{1}{2}$ cups cubed cold luncheon sausage or loaf
 $\frac{1}{2}$ cup pickles

1. Cook spaghetti in boiling salted water until tender, drain and rinse. 2. Melt butter in saucepan, stir in flour, salt, pepper and sauce and mix till smooth. 3. Add milk all at once and stir well until sauce boils and thickens. 4. Add onion, cheese, cubed meat and pickles, then fold in spaghetti. 5. Pour into well greased ovenproof dish. 6. Bake in moderate oven 25 minutes.



★ CHICKEN WITH ALMONDS

1 level tablespoon chopped onion
 3 level tablespoons butter
 $\frac{1}{2}$ cup white wine—Sauterne
 1 cup chicken stock OR strained chicken noodle soup
 1 cup medium white sauce

1 level teaspoon salt
 1 bay leaf
 3 cups diced cooked chicken
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup chopped blanched almonds
 $\frac{1}{2}$ cup sherry
 2 egg yolks—slightly beaten
 $\frac{1}{2}$ cup top milk

1. Sauté onions in butter until slightly browned. 2. Add white wine, stock, white sauce, salt and bay leaf, and blend thoroughly; cook for 5 minutes till smooth. Remove bay leaf. 3. Add chicken, raisins and almonds, and heat thoroughly. 4. Mix together sherry, egg yolks and top milk and add to chicken mixture; cook for a further 2 minutes, stirring constantly. Serves approximately 6 to 8 persons.

★ CREAMED CHICKEN & OYSTERS

2 level tablespoons chicken fat or butter
 $\frac{1}{3}$ cup flour
 1 cup chicken broth and 1 cup milk
 or
 2 cups milk

2 cups cooked chicken or white meat
 Salt and pepper to taste
 1 bottle oysters

1. Melt chicken fat or butter in a saucepan. 2. Add flour and blend until smooth; cook for 1 minute. 3. Add broth and milk and stir mixture until it boils and thickens. 4. Add chicken and seasonings, simmer for 5 minutes. 5. Add oysters to chicken mixture and heat thoroughly. NOTE: The chicken and sauce may be heated in a covered casserole in the oven and when heated, the oysters may be folded through. The mixture is then covered with buttered crumbs and baked in a moderate oven until they are a golden brown—approximately 10 to 15 minutes. Serves 5 to 6 persons.

★ NOODLE RING with CREAMED CHICKEN

6 oz. noodles
 3 eggs
 1 cup warmed milk
 1 cup grated cheese
 1 level teaspoon salt

$\frac{1}{4}$ level teaspoon pepper
 1 dessertspoon Worcestershire sauce
 1 tablespoon tomato sauce

1. Cook noodles in a large saucepan of fast-boiling salted water for 15 to 20 minutes. Rinse in cold water. 2. Beat eggs and add warmed milk. 3. Stir through grated cheese, salt, pepper, sauces and noodles. 4. Pour into a greased ring tin (8½ in. diameter) and bake in a moderate oven for about 45 minutes. 5. Unmould and serve with the centre filled with creamed vegetables or meat. 6. Grilled bacon rolls may also be served.

★ CHICKEN & MUSHROOMS IN RICE RING

$\frac{1}{2}$ lb. mushrooms
 2 oz. butter
 3 level tablespoons flour
 1½ cups milk

1½ cups diced cooked chicken
 1 tablespoon lemon juice
 $\frac{1}{2}$ level teaspoon salt
 Pinch of pepper
 3 cups hot boiled rice

1. Remove stems and peelings from mushrooms. Slice, and saute in butter for about 5 minutes. 2. Add flour and stir carefully till well blended with butter. 3. Add stock or milk gradually, stir until it boils and thickens. 4. Add chicken, seasonings and flavourings and cook for a further 2 or 3 minutes. 5. Mould rice into a ring shape and pour sauce into the centre. Serves approximately 6 persons.

★ MOCK CHICKEN (Rabbit)

1 rabbit
 1 pt. water
 2 level teaspoons salt
 $\frac{1}{4}$ level teaspoon pepper
 1 finely chopped onion

$\frac{1}{2}$ cup diced celery
 2 level tablespoons flour
 $\frac{1}{4}$ pt. milk
 1 level dessertspoon chopped parsley

1. Soak rabbit in warm salted water for $\frac{1}{4}$ hour, wipe well and cut into neat joints. 2. Place in a saucepan with water, salt, pepper, onion and celery. Bring slowly to the boil, simmer till tender—approximately 1½ to 2 hours. 3. Blend flour smoothly with some of the milk, remove meat from saucepan, add remaining milk and bring to boiling point. Stir in blended flour and cook for 3 minutes. 4. Replace meat into sauce, add parsley, reheat and serve piping hot.



Vegetables

★ CAULIFLOWER AU GRATIN

1 cauliflower
4 oz. grated cheese
1 level teaspoon mustard
Cayenne pepper
Salt

$\frac{1}{2}$ pint melted butter sauce
(medium thickness)
 $\frac{3}{4}$ cup soft white bread-
crumbs mixed with 2
level tablespoons melted
butter

1. Boil cauliflower until tender—drain, lift carefully into ovenproof casserole or vegetable dish. 2. Mix half the cheese, mustard, cayenne in white sauce and flavour with salt. 3. Pour over cauliflower, sprinkle with remaining cheese and buttered breadcrumbs.

★ SCALLOPED POTATOES

2 cups prepared celery soup
OR 2 cups medium thick-
ness white sauce
3 large potatoes cooked and
finely sliced (4 cups)

1 large onion (sliced)
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{2}$ level teaspoon salt
 $\frac{1}{4}$ level teaspoon pepper
 $\frac{1}{2}$ cup grated tasty cheese

1. Arrange alternate layers of soup (or white sauce), sliced potatoes, onions, celery, salt and pepper in a greased $1\frac{1}{2}$ pint-sized ovenproof dish. 2. Top with grated cheese and bake in a moderate oven for 30 to 35 minutes.

★ CHEESE, CARROT AND RICE MOULD with CHEESE AND EGG FILLING

Rice Mould:

Juice of 1 onion or 1
teaspoon grated onion.
Browned breadcrumbs (for
tin)
2 cups raw shredded
carrots
 $1\frac{1}{2}$ cups cooked rice
1 cup grated cheese
 $\frac{1}{2}$ cup breadcrumbs
1 tablespoon chopped
parsley
1 beaten egg

$\frac{1}{2}$ cup milk
2 tablespoons tomato sauce
1 level teaspoon salt
Pinch pepper

Filling:

4 oz. grated cheese
2 hard-boiled eggs
 $\frac{1}{2}$ pt. white sauce:—
1 level tablespoon butter
2 level tablespoons flour
 $\frac{1}{2}$ pint milk
Salt and pepper

1. Extract juice from the onion by pressing on lemon squeezer. 2. Grease ring mould and sprinkle with breadcrumbs. 3. Mix all solid ingredients for the mould in a basin. 4. Add the beaten egg, milk and tomato sauce to bind them and season well with salt and pepper. 5. Place in crumbed ring mould. 6. Bake in a hot oven for about 45 minutes. 7. Make the white sauce by melting the butter, adding the flour, and cooking for 1 minute, then adding the milk and stirring until thick. Season with salt and pepper. 8. Add the grated cheese and one chopped hard-boiled egg. 9. Turn out the mould. 10. Fill with cheese sauce, garnish with hard-boiled egg cut into slices, and parsley.



Savoury Sauces

★ SALAD DRESSING

$\frac{1}{4}$ level teaspoon mustard
 $\frac{1}{2}$ level teaspoon salt
 2 level teaspoons sugar
 1 teaspoon melted butter
 (if liked)

3 tablespoons vinegar
 2 tablespoons milk
 1 dessertspoon condensed
 milk

1. Mix mustard, salt, sugar and condensed milk together. 2. Add butter (if used) a few drops at a time. 3. Add milk and vinegar last, very gradually. 4. Serve in a small jug or poured on to salad.

★ BOILED SALAD DRESSING

1 level tablespoon butter
 1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ level teaspoon salt
 1 level teaspoon mustard
 $\frac{1}{4}$ cup vinegar

1. Melt butter in a saucepan. 2. Add beaten egg and milk. 3. Add sugar, salt and mustard. 4. Add vinegar last. 5. Stir and cook 20 minutes without boiling. It will keep for three weeks.

★ MAYONNAISE

2 eggs
 $\frac{1}{2}$ cup milk
 1 level tablespoon butter
 1 level tablespoon mixed
 mustard
 1 level tablespoon sugar

1 tablespoon vinegar
 3 tablespoons cream
 1 tablespoon olive oil
 1 level teaspoon salt
 Juice of a large lemon

1. Beat eggs, add in butter, sugar and salt. 2. Stir on fire till thick—do not boil. 3. Cool and add other ingredients gradually. 4. Whip hard and bottle.

★ MELTED BUTTER SAUCE

2 level tablespoons butter
 2 level tablespoons flour

Pinch salt
 $\frac{1}{2}$ pint milk

Melt butter in a saucepan, but do not boil. Remove from heat, add flour and salt and stir with wooden spoon until smooth. Stir 1 minute, do not brown. Add milk all at once, stir until it boils and thickens.

Variations of Melted Butter Sauce

CHEESE SAUCE: Simmer gently for 5 minutes then add 2 teaspoons grated cheese and $\frac{1}{2}$ teaspoon mixed mustard.

ANCHOVY SAUCE: Add to $\frac{1}{2}$ pint of white sauce 1 level dessertspoon of anchovy sauce and a few drops of lemon juice, and 1 drop of pink colouring.

PARSLEY SAUCE: Stir over heat for 1 minute before adding milk. Do not brown. Add milk all at once. Stir till it boils and thickens then add 1 dessertspoon finely chopped parsley and pepper to taste.

CELERY SAUCE: Simmer gently for 5 minutes after bringing to boil. Remove from heat and add celery and salt to taste.



Savoury Dishes

★ PLAIN OMELETTE

3 eggs
3 tablespoons milk
 $\frac{1}{2}$ teaspoon salt

Pepper
1 dessertspoon butter

1. Separate yolks and whites of eggs. 2. Beat yolks until thick. 3. Add milk and salt and mix together. 4. Beat whites until stiff. 5. Fold these into yolk mixture. 6. Melt butter in pan. 7. Pour egg mixture in and spread evenly. 8. Cook slowly, turning pan so as to brown omelette evenly—keep edges free with knife. 9. When well puffed and delicate brown underneath, place pan under the grill to finish cooking the top (the omelette is cooked if it is firm when pressed with a finger). 10. Fold in halves and turn on to hot plate and serve at once. These may be flavoured as you desire by the addition of chopped parsley, mint, mixed herbs, asparagus puree, minced ham, cheese.

★ CREAMY OMELETTE

1 level tablespoon flour
 $\frac{1}{2}$ cup milk
3 eggs

Salt, pepper
1 dessertspoon butter

1. Mix the flour with a little milk to form a smooth paste. 2. Gradually add remaining milk. 3. Place in saucepan and stir until it thickens. The starch of the flour must all be cooked. 4. Cool. 5. Proceed as for plain omelette, using the half cupful of thickened milk in place of the water.

Note: This Creamy Omelette does not fall like the plain one, and so is more satisfactory for family use.

★ VARIETIES OF OMELETTES

These quantities may be added to the above recipe after three (3) minutes cooking:—

1. $\frac{1}{4}$ cup cut drained asparagus. 2. $\frac{1}{2}$ cup grated cheese. 3. $\frac{1}{2}$ cup finely chopped ham or bacon. 4. $\frac{1}{2}$ cup finely chopped shrimps, fish, prawns or whitebait. 5. $\frac{3}{4}$ cup sweet corn.

★ CHEESE FONDUE

1 cup scalded milk
1 cup soft breadcrumbs
 $\frac{1}{2}$ cup tasty grated cheese
2 or 3 tablespoons melted butter

$\frac{1}{2}$ level teaspoon salt
 $\frac{1}{4}$ level teaspoon pepper
1 level teaspoon dry mustard
3 egg yolks
3 stiffly beaten egg whites

1. Combine hot milk, breadcrumbs, cheese, melted butter and seasoning. 2. Stir in unbeaten egg yolks. 3. Carefully fold in the stiffly beaten egg whites. 4. Pour into a greased ovenproof dish and bake for approximately 30 minutes or until firm. 5. Serve with grilled bacon, baked tomato halves and peas.

★ POTATO & CHEESE CREAM

6 medium cooked potatoes
2 rashers parboiled bacon
(diced)
3 oz. grated tasty cheese
2 level tablespoons butter

2 level tablespoons plain
flour
Salt to taste
Pinch cayenne pepper
 $\frac{1}{2}$ pint milk

1. Slice cooked potatoes and place a layer in a shallow casserole dish and sprinkle with bacon and cheese. 2. Continue this process until dish is almost filled. 3. Make melted butter sauce: melt butter, add flour, salt and cayenne and cook for 1 minute. Add milk and stir until it boils and thickens. 4. Pour sauce over potatoes then sprinkle with a little extra cheese. 5. Bake in a moderate oven for approx. 15 minutes, or until heated through and a golden brown colour. 6. Garnish with parsley.

★ SPAGHETTI & CHEESE CASSEROLE

1 lb. round steak (minced)
 $\frac{1}{2}$ level teaspoon mixed
herbs
1 sliced onion
1 level tablespoon fat
 $\frac{3}{4}$ cup chopped celery
1 carrot (diced)
1 swede turnip (diced)
1 large potato (diced)

1 tomato, skinned and finely
sliced
2 level tablespoons chopped
mint
1 level teaspoon salt
 $\frac{1}{2}$ level teaspoon pepper
 $\frac{1}{2}$ cup burgundy or sherry
Browned breadcrumbs

1. Place steak and herbs together in a large basin. 2. Saute onion in fat and add to meat with remainder of ingredients, excepting burgundy and breadcrumbs. 3. Place combined ingredients into a $2\frac{1}{2}$ pint casserole which has been greased and sprinkled with browned breadcrumbs, then pour burgundy over meat and vegetables. Place lid on casserole. 4. Bake in a moderate oven, 1 hour.

Spaghetti & Cheese Topping:

$\frac{1}{2}$ lb. spaghetti
2 level tablespoons butter
2 level tablespoons plain
flour
Salt to taste

$1\frac{1}{2}$ cups milk
 $1\frac{1}{2}$ cups tasty grated cheese
 $\frac{1}{8}$ level teaspoon cayenne
2 level tablespoons buttered
breadcrumbs

1. Place spaghetti in boiling salted water and cook for 20 minutes. 2. Melt shortening in saucepan, remove from heat and add flour and salt—stir until smooth. 3. Stir over hotplate for 1 minute. 4. Remove from hotplate and add milk all at once. Stir until sauce boils and thickens, cook for 3 minutes. 5. Remove from heat and add 1 cup cheese and cayenne pepper. 6. Add cooked, drained spaghetti to sauce and place on top of cooked casserole. 7. Sprinkle with buttered breadcrumbs and remainder of cheese. Return to oven to brown. Serves approx. 6.

★ BAKED CHEESE & PRAWN CUSTARD

2 level tablespoons finely
chopped onion
 $\frac{1}{2}$ cup finely diced celery
2 oz. shortening
 $1\frac{1}{2}$ cups cubed bread ($\frac{1}{2}$ in.
cubes)

$\frac{1}{2}$ lb. cooked shelled prawns
4 oz. grated tasty cheese
2 eggs, beaten
 $1\frac{1}{2}$ cups milk
 $\frac{1}{2}$ level teaspoon salt

1. Saute onion and celery in heated shortening until soft. 2. Add bread and toss to coat with shortening. 3. Place a third bread, celery and onion mixture in a 2-pint greased casserole dish. 4. Add half the prawns, then a third of the cheese. 5. Repeat these layers, topping with a layer of bread mixture. 6. Combine eggs, milk and salt, pour over layers, then sprinkle with remaining cheese. 7. Bake in a moderate oven for 45 minutes. Serves 4 persons.



Desserts

CUSTARDS • SAUCES



★ CUSTARD TART

Pastry:

6 oz. plain flour
 $\frac{1}{2}$ level teaspoon baking powder
 Pinch salt
 3 oz. butter
 Water and lemon juice to mix
 White of egg
 Raspberry jam

2 level tablespoons chopped dates

Custard:

3 eggs
 2 level tablespoons sugar
 $1\frac{1}{2}$ level dessertspoons cornflour
 1 pint warmed milk
 Vanilla essence
 Grated nutmeg



1. Sift dry ingredients three times. 2. Rub in the butter thoroughly with the tips of the fingers and mix to a dry dough with lemon juice and water. 3. Turn onto a floured surface and roll out lightly and line a 9in. pie plate. Note: Make sure the pastry has no cracks and it is of even thickness. 4. Brush over with slightly beaten egg white and allow to dry. Do not prick the pastry. 5. Spread thinly with raspberry jam and dates. 6. Beat eggs, sugar and cornflour till creamy; add warm milk and vanilla essence—mix well. 7. Spoon custard gently into shell and sprinkle with nutmeg. 8. Bake in moderate oven approx. 30 minutes, or until set.

★ LEMON CREAM RICE

$\frac{1}{2}$ cup rice
 1 cup water
 2 cups milk
 $\frac{1}{2}$ cup sugar
 Grated rind of 1 lemon
 $1\frac{1}{2}$ tablespoons lemon juice

$\frac{1}{2}$ level teaspoon salt
 2 egg yolks
 2 egg whites
 3 oz. sugar
 $\frac{1}{4}$ teaspoon lemon essence

1. Wash rice well, cook in 1 cup water till water is absorbed. 2. Add milk and cook until rice is soft. 3. Add sugar, rind, juice, salt and mix well. 4. Add egg yolks and cook gently, stirring until slightly thickened. 5. Turn into a buttered ovenproof dish. 6. Make a meringue by beating egg whites till stiff, adding sugar gradually then beating till grains are dissolved. Add essence and pile meringue on top of pudding. Bake in moderate oven till lightly brown.

★ FLOATING ISLAND

2 cups milk
 1 egg, separated
 2 whole eggs
 2 level tablespoons sugar
 $1\frac{1}{2}$ level dessertspoons cornflour

Vanilla essence
 2 oz. castor sugar
 (meringue)
 Pink sugar

1. Scald the milk in the top of a double boiler. 2. Beat together the one egg yolk and two whole eggs, sugar and cornflour. 3. Add the hot milk to the egg mixture and return to the top of the double boiler. 4. Cook over hot water, stirring constantly until the custard coats the spoon. Add vanilla. 5. Pour the custard into an 8in. glass serving dish. Allow to cool. 6. Beat the one egg white until stiff. 7. Add sugar gradually, making into a stiff meringue. 8. Heat a small quantity of milk in a saucepan or frying pan and place a dessertspoonful of the meringue on the hot milk and when set lift out and drain. 9. Place meringue at intervals on the custard and sprinkle with a little pink sugar; a glace cherry or a chopped red jelly adds to the attractive appearance of the dish. Serves 4-5.

Key to photograph on previous page (Top L. to R.):

Prune Meringue, Rainbow Milk Jelly, 2 Bavarian Coconut Moulds, Harlequin Mould, Floating Islands, Custard Tart.

★ SWISS TRIFLE

- 1 small tin fruit salad OR
apricots, peaches or
pineapple
- 6 sponge patty cakes
- 1 oz. ground almonds
- 2 oz. sherry or madeira

- 3 egg yolks
- 1 oz. sugar
- $\frac{3}{4}$ pint milk
- 3 egg whites
- $\frac{1}{2}$ teaspoon vanilla essence
- Angelica

1. Cut fruit into dice and arrange two-thirds in a serving dish. Retain juice from tinned fruit. 2. Slice sponge cakes and cover fruit. 3. Sprinkle over the ground almonds. 4. Combine sherry and fruit juice and pour over cake. 5. Beat egg yolks and sugar together. 6. Bring milk to the boil and pour over egg yolk mixture. 7. Place in a double boiler and stir until thick over boiling water. 8. Beat egg whites till stiff and dry. 9. Fold through hot custard. 10. Flavour with vanilla. 11. When cool, pour over the sponge mixture. 12. Decorate with remaining fruit and angelica. Serves 6 persons.

★ TRIFLE

Line the base of a 2-2 $\frac{1}{2}$ pint-sized shallow serving dish with 1 cup cooked fruit (not apple). Place on top of fruit finger-lengths of either sponge or butter cake (the cakes should not be too fresh), spread over the cake raspberry jam, and moisten with approximately 2 tablespoons orange juice and approximately 2 tablespoons sherry or madeira. Pour over 1 pint rich stirred custard and decorate with chopped raspberry or greengage jelly. Top may be decorated with whipped cream.

Rich Stirred Custard:

- 1 level dessertspoon corn-
flour
- 1 pint milk

- 3 eggs
- $\frac{1}{4}$ cup sugar
- 1 teaspoon vanilla

1. Blend cornflour with a little milk; put remainder on to boil in a saucepan. 2. When boiling stir in cornflour, cook for 1 minute—allow to cool. 3. When cool, add beaten eggs and sugar, stand in saucepan over boiling water and stir till it coats the spoon. (Do not allow to boil). 4. Add essence.

★ TIPSEY CAKE TRIFLE

- 1 lb. sponge cake
- 4 oz. almonds (toasted)
- $\frac{1}{2}$ cup sherry
- $\frac{1}{2}$ cup madeira

- 1 quart milk
- 6 eggs (beaten)
- $\frac{1}{2}$ cup sugar
- 1 teaspoon almond extract

1. Cut sponge into finger lengths, place into a serving dish. 2. Cut almonds into strips and spike sponge cake. 3. Mix wines and pour over sponge. 4. Place milk, eggs and sugar into the top of a double boiler and stir occasionally until thick. 5. Flavour with almond essence and cool. 6. When cooled, pour over cake and chill.

★ COCONUT BAVARIAN CREAM

- 1 $\frac{1}{2}$ level tablespoons
gelatine
- $\frac{1}{2}$ cup cold water
- 1 $\frac{1}{2}$ cups warm milk
- $\frac{1}{2}$ cup sugar
- Pinch salt

- $\frac{1}{2}$ teaspoon almond essence
- $\frac{1}{2}$ cup desiccated coconut
- 1 cup cream or cream
substitute

1. Soften gelatine in cold water for about 10 minutes. 2. Add to warm milk and stir until dissolved. (If milk is too hot the mixture will curdle.) 3. Add sugar, salt, almond essence and coconut. 4. Cool until the mixture begins to thicken but not set. 5. Whip the cream and fold into the mixture. 6. Pour into a wet mould and chill, if possible overnight, to develop the flavour of coconut. 7. Unmould, sprinkle with coconut, serve with fresh fruit.

★ DELICIOUS LEMON PUDDING

2 level tablespoons butter
 $\frac{3}{4}$ cup sugar
 4 level tablespoons S.R.
 flour

Grated rind and juice of
 large lemon
 2 eggs
 1 cup milk

1. Cream butter and sugar. 2. Add sifted flour. 3. Add grated rind and juice of lemon. 4. Separate yolks and whites of eggs. 5. Beat yolks with the milk. 6. Add slowly, stirring well 7. Beat egg whites until stiff. 8. Fold into mixture. 9. Place in greased pie dish or casserole dish. 10. Bake in moderate oven for about 30 minutes.

★ CITRUS BLANC MANGE WITH RHUBARB

$\frac{1}{2}$ cup cornflour
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ pints milk

Grated rind 1 lemon and $\frac{1}{2}$
 orange

1. Blend cornflour and sugar together with a little milk. 2. Add orange and lemon rind. 3. Place remainder of milk on to boil. 4. Pour hot milk over blended ingredients. Return to saucepan and stir until smooth. Cook for 2 to 3 minutes after liquid has reached boiling point. 5. Pour into a wetted mould and allow to firm in refrigerator. 6. When set, unmould and serve with cooked rhubarb and stirred custard.

★ PINEAPPLE UPSIDE-DOWN PUDDING

Caramel:

4 level tablespoons brown
 sugar
 2 level tablespoons butter

Cooked pineapple slices
 Cherries

Batter:

3 oz. butter
 4 oz. sugar
 1 egg
 1 teaspoon vanilla
 6 oz. S.R. flour
 $\frac{1}{2}$ cup milk, approx.

1. Cream butter and brown sugar (to form caramel). 2. Spread this on bottom and slightly up the sides of two 7in. sandwich tins or one 8in. tin. 3. Arrange pineapple and cherries in an attractive pattern on this caramel, remembering the pudding is to be turned out. 4. Cream the butter and sugar for batter. 5. Add the egg and vanilla and beat well. 6. Sift flour. Add flour alternately with milk to make a batter mixture. 7. Pour batter on top of fruit. 8. Bake in a moderate oven for about 30 minutes. 9. Turn out and serve with stirred custard.



★ PEACH PUDDING

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ level teaspoon salt
 1 teaspoon vanilla
 A few drops almond essence
 1 pint milk
 3 eggs
 4 slices thinly-sliced stale
 bread (and cut into
 finger lengths)

Approx. 8-10 sliced peaches,
 fresh or preserved, or $\frac{1}{2}$
 cup dried peaches soaked
 and stewed
 Grated nutmeg

1. Add the sugar, salt and essences to the milk. 2. Beat eggs and add to the mixture. 3. Dip finger lengths of stale bread into the custard mixture and line the base of a quart casserole dish with the moistened finger lengths of bread. 4. Arrange a layer of remaining moistened finger lengths of bread on top of custard and sprinkle with nutmeg. 5. Arrange peaches on top and pour over custard. 6. Place in a slow oven. (If cooking with a baked dinner place casserole in a water bath).

★ **STEAMED MILK PUDDING**

1½ lb. bread
3 oz. sugar
1 egg
½ pint milk

2 level teaspoons spice or
ginger
2 level tablespoons red jam

1. Cut bread into small pieces and soak in cold water for 1 hour. 2. Place bread in a muslin cloth and squeeze as dry as possible, or squeeze with your hands till dry. 3. Return to bowl and beat well with a fork. 4. Add sugar, beaten egg, milk, spice or ginger and blend well together. 5. Grease a large pudding basin and place jam into the bottom. 6. Pour bread mixture into basin and cover with a greaseproof paper; tie down with a pudding cloth. 7. Steam for 1½ hours. 8. Loosen the pudding carefully with a knife and turn it out. No sauce is necessary as the jam runs down the sides of the mould.

★ **PRUNE MERINGUE**

½ lb. prunes
½ cup cold water
1 oz. sugar
2 level tablespoons
cornflour
1 pint milk

2 level dessertspoons sugar
2 egg yolks
2 oz. cakecrumbs
Meringue:
2 egg whites
4 level tablespoons sugar

1. Remove stones from prunes, place into a saucepan with the cold water and sugar and cook gently until tender. Allow to cool. 2. Blend cornflour with a little cold milk, place remainder on to boil. When boiling, add cornflour gradually; cook for 4 minutes. 3. Add sugar and dissolve. 4. Beat egg yolks and cake crumbs together and blend into custard. 5. Pour into a greased ovenproof dish and leave till cold. 6. Drain prunes and place in the centre of custard. 7. Make meringue by beating egg whites till stiff and dry, then adding sugar gradually and beating till dissolved. 8. Pipe meringue around prune mixture. 9. Place in a moderate oven till meringue is set and lightly browned.

★ **CHRISTMAS PUDDING WITH RICH SAUCE**

4 oz. shredded suet
1½ cups plain flour
3 cups breadcrumbs
1½ cups brown sugar
1½ cups sultanas
1½ cups raisins
¾ cup currants

2 oz. peel
1 cup grated carrot
1½ cups milk
3 level teaspoons soda
dissolved in milk
Parisian essence or caramel
colouring

1. Shred suet finely, then rub into sifted flour. 2. Add breadcrumbs, brown sugar and prepared fruits and carrot. 3. Dissolve soda in milk, then add to dry ingredients. 4. Grease pudding basin well and fill three-quarters full with mixture. 5. Scald and flour the pudding cloth, then lightly sprinkle with breadcrumbs and tie on securely. Tie the corners of cloth across top of basin. Instead of cloth, double greaseproof paper buttered on both sides and securely tied down may be used. 6. Place in saucepan of boiling water, being sure that water level is about half way up the sides of basin. 7. Steam at least 3 hours, then when required steam 2 hours longer. If keeping for a few days, store in a cool dry place.

★ **RICH SAUCE**

2 level tablespoons butter
2 level tablespoons plain
flour
2 level tablespoons sugar

2 tablespoons golden syrup
½ pint milk
¾ cup brandy

1. Melt butter. Remove from heat and blend in flour. 2. Add sugar and golden syrup. 3. Return to heat and add milk all at once, stirring until thick. 4. Add brandy just before serving. 5. Serve hot with Christmas pudding.

★ **ICE CREAM**

2 egg whites
2 tablespoons sifted icing
sugar

$\frac{1}{2}$ pint cream
Vanilla
Egg yolks (if desired)

1. Beat egg whites until stiff. 2. Add sugar and beat again. 3. Beat egg lightly. Add egg yolks (if desired). Mix all together with cream and add vanilla. 4. Add passionfruit or crushed banana or strawberries if desired. 5. Freeze for about 4 hours.

★ **ICE CREAM DE LUXE**

$\frac{1}{2}$ pint boiling milk
 $\frac{1}{4}$ tin condensed milk
1 level tablespoon sugar
 $\frac{1}{2}$ cup powdered milk

1 level dessertspoon gelatine
dissolved in $\frac{1}{4}$ cup boiling
water
 $\frac{1}{2}$ pint cold milk
2 teaspoons vanilla

1. Pour condensed milk and sugar into boiling milk. With a rotary beater whisk well for a few minutes. 2. Add the powdered milk and continue beating for at least five minutes. This beating is most necessary as it gives the fine texture to the mixture. 3. Now add the thoroughly dissolved gelatine, whisk well, then lastly add the cold milk and vanilla. 4. Place into trays and set till hard, approximately 2-3 hours. 5. Remove from trays and allow to thaw a little. Whilst mixture is still firm start to beat with rotary beater or mixer for about 15 minutes, or till it is thick and fluffy. 6. Replace in trays and freeze.

★ **RAINBOW MILK JELLY**

4 level tablespoons gelatine
4 tablespoons water
 $1\frac{1}{2}$ pints milk
3 oz. sugar

Vanilla
Cochineal
1 level tablespoon cocoa

1. Soak gelatine in water and dissolve over hot water. 2. Dissolve sugar in warm milk then add warm gelatine and stir well—add vanilla. 3. Divide the milk into 3 portions; colour one portion pale pink, leave one white and blend cocoa with a little hot water and add to the third portion of milk. 4. Rinse a mould with cold water and pour in the pink layer; allow to almost set then carefully spoon in the white layer, when this is almost set carefully add the chocolate layer—chill thoroughly, unmould, and serve decorated with cream and chopped pale green jelly.

★ **FROZEN HARLEQUIN MOULD**

$\frac{3}{4}$ pint milk
 $1\frac{1}{2}$ oz. sugar
2 level tablespoons gelatine
 $\frac{1}{2}$ cup cold water
Vanilla, almond or
peppermint flavouring

Pink and green colouring
 $1\frac{1}{2}$ pkts. lemon jelly
crystals
Peach or apricot halves, or
fruit salad
Cream

1. Warm milk and sugar and stir till sugar is dissolved and milk is luke-warm. 2. Soak gelatine in water and dissolve over boiling water. 3. Add to warm milk very gradually and do not return to heat. 4. Flavour and divide mixture into two equal parts and colour one part pink, the other green. 5. Pour each into 7in. sandwich tins (square, if available, if not, round) and allow to set. 6. Dissolve jelly as directed on packet and allow to partly set. (Use $1\frac{1}{2}$ pints water.) 7. Cut milk jelly into $\frac{1}{2}$ in. or $\frac{3}{4}$ in. cubes and fold half of the pink and half of the green cubes through partly set jelly, which is thick enough to support cubes. 8. Pour into a wet mould and chill until firm. 9. Unmould and serve with extra milk jelly cubes, fruit salad and cream. Serves approx. 8-10.



Sweet Sauces

★ CUSTARDS

Standard Proportions:

$\frac{3}{4}$ pint milk
2 eggs

1 tablespoon sugar
Flavouring

BAKED: Beat eggs and sugar together and add milk, add flavouring. Pour into greased pie-dish and sprinkle with nutmeg. Bake in a slow oven until set, 30 to 40 minutes.

STEAMED: Prepare as for baked custard, and steam slowly over boiling water, allowing 10 minutes for a cup custard.

BOILED: Prepare as for baked custard, cooking very slowly in a double saucepan and stirring with a wooden spoon. Cook until boiled mixture coats the spoon. Do not boil.

For economical custard, cook one teaspoon of blended cornflour in the milk, allow to cool, and add only 1 egg.

★ CHOCOLATE SAUCE

2 oz. unsweetened chocolate
2 level tablespoons butter
 $\frac{1}{2}$ cup castor sugar

1 cup fresh milk and 1
level dessertspoon blended
arrowroot for thickening

1. Melt together slowly the chocolate and butter. **2.** Add sugar and stir well over low heat. **3.** Add milk, blended with arrowroot and bring slowly to the boil, stirring constantly—boil for 5 minutes until of creamy consistency.

★ SWEET WHITE SAUCE

1 level tablespoon cornflour
 $\frac{1}{2}$ pint milk

1 level tablespoon sugar
Essence of vanilla

1. Blend sugar and cornflour with a little of the milk. **2.** Put remainder of milk on to boil in saucepan. **3.** When nearly boiling remove from the heat. **4.** Add the blended cornflour, stirring it in with a wooden spoon. **5.** Stir on heat for 3 minutes, being careful not to let it catch. Add essence.

★ SNOWY SAUCE

1 cup milk
1 level dessertspoon corn-
flour
Pinch salt

1 level tablespoon butter
creamed with 1 level
tablespoon of sugar
Stiffly beaten white of egg

1. Blend the milk, cornflour and salt in a saucepan. Place on hotplate, bring to the boil. **2.** Then add the butter and sugar, creamed together, beat well through. **3.** Add the stiffly beaten white of an egg. **4.** Mix well through it and serve the sauce cold.



Drinks

★ COFFEE NOG

1 beaten egg
4 level teasp. instant coffee
2 level tablesp. sugar

$\frac{1}{2}$ level teasp. salt
Vanilla to flavour
2 cups cold milk

1. Combine first 4 ingredients, and beat till coffee and sugar are dissolved. 2. Add milk and vanilla, beat well. 3. Chill well and serve, topped with shredded coconut.

★ CARAMEL MALTED MILK

1 oz. sugar
1 tablespoon water
2 level tablespoons malted milk powder

1 cup milk
1 tablespoon cream
Nutmeg

1. Caramelize sugar and water. 2. Blend the malted milk powder with a little milk. Place the remainder onto heat. 3. Add 1 dessertspoon of caramel, stir in the malted milk and bring to the boil. 4. Allow to cool and chill in refrigerator. 5. Serve topped with whipped cream or ice cream and sprinkle with nutmeg.

★ AMBROSIA SHAKE

4 ripe bananas
 $\frac{1}{2}$ cup orange juice
6 tablesp. honey
Pinch of salt

$\frac{1}{4}$ teasp. almond extract
1 qt. cold milk
Whipped cream

1. Mash bananas well, beat in the orange juice, honey, salt and almond extract. 2. Add milk and beat well. 3. Serve with a spoonful of whipped cream.

★ EGG FLIP

1 egg
1 teaspoon sugar
3 drops vanilla essence

1 cup milk
Nutmeg

Beat the egg yolk, sugar and vanilla essence. Gradually stir in the milk. Whip the egg white stiffly and fold in. Pour into a glass and sprinkle with grated nutmeg. Chill in the refrigerator.

★ HONEY ICED CHOCOLATE

2 cups milk	Pinch of salt
6 tablesp. honey	Crushed ice
2 level dessertsp. coconut	Ice cream

1. Bring milk to the boil in a saucepan. 2. Blend honey, cocoa, and salt together and stir into boiling milk. Allow to cool slightly. 3. Half fill 4 glasses with crushed ice; pour chocolate mixture over ice. 4. Top with a generous spoon of ice cream. 5. Serve immediately.

★ BRAZILIAN ICED CHOCOLATE

2 ozs. unsweetened chocolate	3 cups of milk
1 cup freshly made strong coffee	Cracked ice
3 level dessertspoons sugar	Powdered cinnamon (if liked)
Pinch of salt	Whipped cream

Add the shredded chocolate to the hot coffee and dissolve over a low heat until the chocolate is melted. Add sugar and salt and cook for 4 minutes, stirring constantly. Add the milk and heat thoroughly in a double saucepan. Chill. Pour into glasses containing cracked ice. Top with cream and dust with cinnamon.

★ EGG NOG

1 egg, well beaten	1 dessertspoon brandy,
2 teaspoons sugar or 1 tablespoon honey	sherry or rum
1 cup cold milk	Nutmeg

- Beat the egg and sugar, add milk and stir brandy in slowly. Serve cold in a tall glass sprinkled lightly with nutmeg. For a more fluffy egg nog, separate the egg, beat the white stiffly, and fold in lightly before serving.

★ ICED COFFEE

Pour 1 quart of boiling water over $\frac{1}{4}$ lb. fresh coffee, add pinch of salt and allow to stand 1 hour. Strain, add $1\frac{1}{2}$ pints cream or milk, add sugar to taste and allow to stand on ice for 3 hours before serving. Serve with ice cream or whipped cream on top. (Coffee ice blocks may be added if desired.)

★ SPICED HOT CHOCOLATE

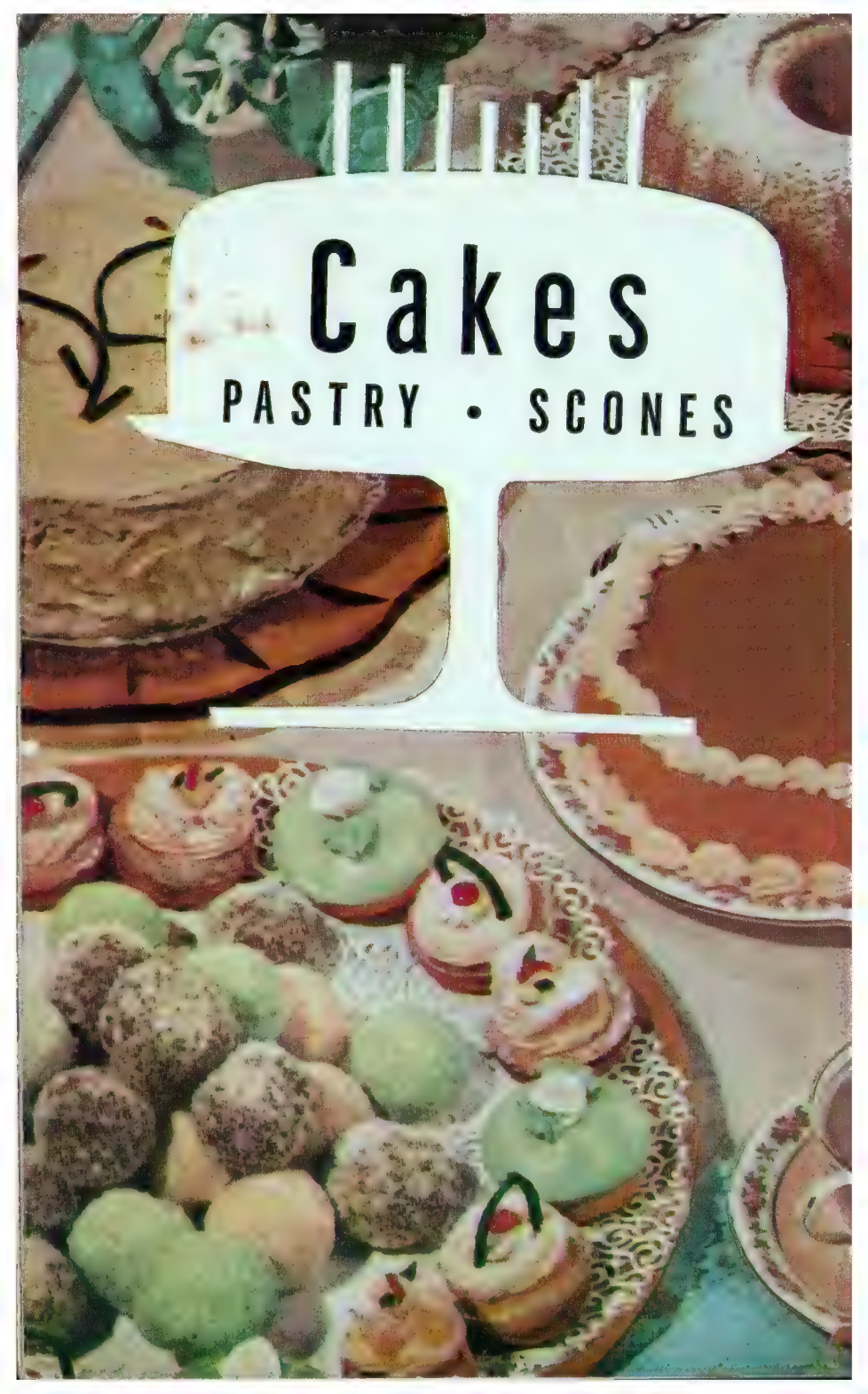
2 1oz. squares unsweetened chocolate	Dash of salt
1 cup hot water	3 cups milk
4 level tablespoons sugar	Nutmeg

1. Melt Chocolate in hot water in top of a double boiler. 2. Add sugar and salt, cook over direct heat for 4 minutes, stirring constantly. 3. Return to boiling water, add milk gradually and heat thoroughly. 4. Beat with rotary beater just before serving. Serves 6.

★ CHOCOLATE MILK SHAKE

4 cups milk	2 oz. grated sweetened chocolate
Pinch salt	

1. Scald milk with salt and grated chocolate. 2. When chocolate is melted, beat until smooth. 3. Serve foamy. Serve with whipped cream or marshmallows. Serves 4.



Cakes

PASTRY • SCONES



★ 4-6-8 MIXTURE

4 oz. butter
6 oz. sugar
2 large eggs

8 oz. S.R. flour
 $\frac{1}{2}$ cup milk

1. Cream butter and sugar. 2. Add eggs, one at a time, and beat well. 3. Add sifted flour alternately with milk. 4. Bake in two greased 8in. sandwich tins, in moderate oven 25 to 30 minutes.

TO MAKE—

Lemon Cakes—Add grated rind of 1 lemon and 2 teaspoons lemon juice.

Sultana Cake—Add 4 to 6 oz. sultanas and 1 level teaspoon spice.

Seed Cake—Add 1 level tablespoon caraway seeds and sprinkle top of cake with seeds before baking.

Coconut Cake—Add $\frac{3}{4}$ cup desiccated coconut after the flour.

Spice Cake—Add 1 level teaspoon mixed spice sifted with flour and 4 oz. dates chopped finely. Walnuts may also be added.

Chocolate Cake—Add 2 oz. unsweetened chocolate, dissolved in a little warm milk.

Approximate Cooking Times—

Small cakes	10 to 15 minutes
Sandwich	20 to 30 minutes
Slab	25 to 30 minutes
Block or deep cake	1 to 1 $\frac{1}{4}$ hours

★ ORANGE TEA CAKE

1 egg
3 oz. sugar
 $\frac{1}{2}$ cup milk
1 dessertspoon grated orange
rind

4 oz. S.R. flour
Pinch salt
1 tablespoon melted butter
1 tablespoon chopped nuts
3 dessertspoons orange jam

1. Separate white from yolk of egg. 2. Beat white stiffly, gradually add sugar, and beat till sugar is dissolved. 3. Fold in beaten egg yolk then milk and orange rind. 4. Fold in sifted dry ingredients and melted shortening. 5. Place in 8in. paper lined sandwich tin, place small dabs of jam on top and sprinkle with nuts. 6. Bake in hot oven 20 to 25 minutes. 7. If desired, may be served with butter.

★ SNOWBALLS

3 oz. butter
3 oz. sugar
Vanilla
1 egg
5 oz. S.R. flour
3 tablespoons milk

Chocolate Icing:
4 oz. icing sugar
1 level tablespoon cocoa
1 tablespoon hot water
Vanilla
Coconut

1. Cream butter and sugar, add vanilla and egg and beat all thoroughly. 2. Add sifted flour and milk alternately. 3. Bake in well-greased and heated gem irons in a hot oven 8-10 minutes. 4. When cool, coat with icing made over heat. 5. Toss in coconut. For variety in these, cakes may be coated with a pastel coat of fruit icing, and rolled in jelly crystals.

Note: These snowballs may be split and filled with whipped or mock cream.

Key to photograph on previous page (Top L. to R.):

Rich Mocha Cake, 4-6-8 mixture in Baba Tin, Caramel Walnut Buns, Snowballs and Patty Cakes, Recess Sponge with jiffy Caramel Sauce, Belgian Chocolate Dessert Cake.

★ RECESS SPONGE WITH JIFFY CARAMEL SAUCE

Sponge:

- 2 eggs
- 3 oz. sugar
- 3 oz. S.R. flour
- 2 tablespoons boiling water
- 1 level teaspoon butter

Jiffy Caramel Sauce:

- $\frac{1}{2}$ lb. caramels (26)
- $1\frac{1}{2}$ cups milk
- Vanilla



1. Make sponge by beating egg whites till stiff—add sugar and beat well, then egg yolks; fold in the sifted flour gently and lastly boiling water in which butter has been melted. 2. Bake in greased and floured recess tin in a moderate oven for 20 minutes.

1. Place caramels and milk in top of double boiler. Simmer, stirring occasionally until caramels dissolve. 2. Add vanilla essence.

Note: If sauce is too thick when cooled more milk may be added.

★ BELGIAN CHOCOLATE DESSERT CAKE

- 4 oz. butter
- 1 cup sugar
- 2 eggs
- 3 level tablespoons grated chocolate or cocoa
- 1 teaspoon vanilla
- 2 cups sifted plain flour (sifted before measuring)
- 3 level teaspoons baking powder
- $\frac{1}{2}$ level teaspoon salt
- $\frac{1}{2}$ level teaspoon bicarbonate of soda
- Approx. $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup seeded raisins (chopped)
- $\frac{1}{2}$ cup dry cooked apple

Custard Cream Filling:

- 4 level tablespoons brown sugar
- 2 level tablespoons corn-flour
- Pinch salt
- 1 egg yolk
- 1 cup milk
- 1 oz. butter
- Vanilla

Chocolate Fluff Frosting:

- 2 level tablespoons butter
- $\frac{3}{4}$ cup sifted icing sugar
- Vanilla
- 2 dessertspoons melted chocolate
- 1 egg white
- Pinch salt

1. Cream butter and sugar until fluffy. 2. Add unbeaten eggs, one at a time, beating well after each addition. 3. Melt chocolate and add to creaming with vanilla. If cocoa is being used sift with the flour. 4. Sift flour (already sifted before measuring), baking powder bicarbonate of soda and salt three times. 5. Add sifted dry ingredients alternately with the milk. 6. Add chopped raisins and fold in the dry apple pulp. 7. Bake in two well-greased 8in. sandwich tins in a moderate oven for 30-40 minutes. (Note: Time of cooking varies according to the dryness of the apple added.) 8. Fill with custard cream filling and ice with chocolate fluff frosting.

Custard Cream Filling

1. Combine sugar, cornflour, salt, egg yolk, and a little of the milk to blend ingredients. 2. Add remaining milk and stir over heat until thick and smooth. 3. Add butter, allow to cool, then add vanilla. 4. When cooled, fill the cake.

Chocolate Fluff Frosting

1. Cream butter and add half icing sugar—cream well. 2. Add vanilla and melted chocolate. 3. Beat egg white with salt until stiff. 4. Add remaining icing sugar to egg white and beat well until mixture is stiff. 5. Add the meringue mixture to chocolate mixture, beating gently so as to completely blend the two mixtures.



★ SUGAR PLUM RING

8 oz. S.R. flour	1½ doz. prunes, stoned and cut in halves crosswise
Pinch salt	3 level tablespoons crystal sugar
2 level tablespoons butter	2 tablespoons melted butter
1 egg slightly beaten	
¾ cup milk (approx.)	

1. Sift flour and salt into a basin. 2. Rub in butter. 3. Combine egg and milk and add nearly all at once to flour, making a soft dough. 4. Turn onto a floured surface, knead lightly and roll into a square about ½ in. thick. 5. Cut dough in 1½ in. squares and place a halved prune in the centre of each. 6. Glaze each corner of the squares and roll into balls. 7. Dip each ball into melted butter and roll in sugar. 8. Place in greased 8 in ring tin, separating each ball with halved prune. 9. Bake in hot oven 20 to 25 minutes. Serve with butter.

★ RICH MOCHA CAKE

1½ cups S.R. flour	4 oz. butter
½ level teaspoon bicarbonate of soda	¾ cup milk
½ level teaspoon salt	¼ cup coffee essence
½ cup cocoa	1 teaspoon vanilla
1½ cups castor sugar	2 eggs

1. Sift first four ingredients into a bowl. 2. Melt shortening, but do not allow to boil. 3. Add sugar and mix well. 4. Add milk, coffee essence and vanilla to melted shortening, then fold this into flour mixture. Beat briskly until smooth, approximately 1-2 minutes. 5. Add unbeaten eggs to mixture and beat another 2 minutes. 6. Pour into two well-greased 8 in. sandwich tins and bake in a moderate oven for 25-30 minutes. 7. When cold, fill with mock cream and ice with lemon icing.

Mock Cream:	2 level tablespoons butter
2 level tablespoons corn-flour	2 level tablespoons sugar
½ cup milk	Vanilla

1. Blend cornflour with a little of the milk. Place remainder of milk on to heat. 2. Remove milk from heat and add blended cornflour. Return to heat, stirring constantly until thickened and boiling. 3. Cook 3 minutes. Allow to cool. 4. Cream butter and sugar. Add cooled cornflour mixture gradually beating until blended and cold. 5. Flavour with a few drops of vanilla.

★ BANANA LOAF

2 oz. butter	2 level teaspoons bi-carb. soda
¾ cup sugar	½ cup milk
3 mashed bananas	½ cup finely chopped nuts
1 egg	2 level tablespoons sultanas
1 level dessertspoon honey	1 level tablespoon chopped peel
1½ cups plain flour	
Pinch salt	

1. Cream shortening and sugar until light and fluffy. 2. Add mashed bananas and mix well. 3. Add unbeaten egg and honey and beat thoroughly. 4. Sift flour and salt. 5. Dissolve bi-carbonate soda in the milk. 6. Fold the flour and milk alternately into the creamed mixture. 7. Lastly add nuts, sultanas and peel. 8. Bake in well-greased loaf tin 8½ in. x 4½ in. x 3 in. in a moderate oven for approx. 50 minutes. 9. Ice with lemon icing or serve with butter.

★ **FRUIT LOAF**

1 cup plain flour
2 level teaspoons baking powder
 $\frac{1}{2}$ level teaspoon salt
1 cup wholemeal flour
2 level tablespoons butter

$\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup chopped raisins
1 egg
 $\frac{1}{2}$ cup milk
2 level tablespoons honey

1. Sift plain flour, baking powder and salt into a basin. 2. Mix in the wholemeal flour. 3. Rub in the butter with the tips of the fingers. 4. Add the sugar and chopped raisins. 5. Beat egg, combine with milk and honey. 6. Add liquid to dry ingredients. 7. Turn into a large greased loaf tin and bake in a moderate oven, approx. 45-50 minutes, or 30 minutes in two smaller tins.

★ **GOLDEN CRUST CHEESE LOAF**

2 cups S.R. flour
2 level teaspoons dry mustard
1 level teaspoon salt
Dash of cayenne

2 level tablespoons butter
 $\frac{1}{2}$ cup grated cheese
Approx. $\frac{3}{4}$ cup milk
Extra grated cheese

1. Sift dry ingredients together three times. 2. Rub in butter and add grated cheese. 3. Mix lightly to a soft dough with milk and place in a greased and floured loaf tin or 8in. ring tin and sprinkle with extra cheese. 4. Bake in a moderately hot oven for approx. $\frac{3}{4}$ hour.

★ **PATTY CAKES**

3 oz. butter
3 oz. sugar
 $\frac{1}{2}$ teaspoon vanilla

1 egg
5 oz. S.R. flour
3 tablespoons milk

1. Cream butter and sugar well, add vanilla. 2. Add unbeaten egg and beat in well. 3. Sift flour and add it alternately with milk, mixing each addition in lightly. 4. Place spoonfuls in well-greased patty tins. 5. Bake in moderately hot oven, about 12 minutes. When cold, these may be decorated with warm icing, or made into butterflies or baskets. For the former, a slice is cut from top of each cake—a spoonful of cream is placed on the cake—the slice is cut in halves and placed on the cream to represent the wings of butterflies. For baskets, scoop out a little of the middle of the cake—fill with jam and cream and make handle of angelica.

★ **GLACE FRUIT CAKE**

8 oz. butter
8 oz. sugar
 $\frac{1}{2}$ teaspoon almond or vanilla essence
1 teaspoon glycerine
3 eggs
 $\frac{3}{4}$ lb. plain flour

3 level teaspoons baking powder
 $\frac{1}{2}$ pint milk (approx.)
1 oz. glazed apricots
2 oz. crystallised pineapple
1 oz. crystallised ginger
2 oz. mixed peel
3 dessertspoons sherry

1. Prepare all fruits, add sherry, allow to stand while preparing cake. 2. Cream butter and sugar, add essence and glycerine. 3. Add eggs, one at a time, and beat well. 4. Add milk alternately with sifted dry ingredients and prepared fruit. 5. Place mixture into a deep 8in. round or square cake tin, which has been lined with one thickness of greaseproof paper. 6. Bake in a moderately slow oven, 1 to 1 $\frac{1}{4}$ hours (approx.). When cold cover cake with Snow Frosting.

Snow Frosting:

2 egg whites
1 $\frac{1}{2}$ cups castor sugar

5 tablespoons water
 $\frac{1}{2}$ level teaspoon cream of tartar

1. Place all ingredients in top part of double boiler, or in an earthenware jug standing in boiling water. 2. Beat with mixer or rotary beater until the mixture starts to crust on the sides of the saucepan—about 7 minutes.

★ **CAKE PASTRY**

3 oz. butter
2 oz. sugar
1 egg

4 oz. plain flour
1 oz. rice flour

1. Cream butter and sugar. 2. Add egg and beat well. 3. Sift flour and work into creamed mixture. 4. Knead well before using. 5. Line 9in. pie plate; prick base of pastry with a fork. 6. Bake in a moderate oven for approximately 15 minutes. 7. Allow to cool thoroughly before filling.

★ **GLAZED STRAWBERRY CREAM PIE**

3 level tablespoons butter
4 level tablespoons plain flour
3 level tablespoons sugar
1½ cups milk
1 egg
1 dessertspoon sherry

Few drops almond essence
½ cup desiccated coconut
Fresh strawberries
Pie shell
Fruit variations: apricot halves, peach slices, stoned cooked cherries, raspberries.

1. Melt butter in saucepan, add flour and stir well; cook for 1 minute. 2. Stir in sugar, add milk and return to heat, stirring constantly until sauce boils and thickens. 3. Add beaten egg, sherry, almond essence and coconut. 4. Allow to cool before filling pie shell. See Cake Pastry Recipe above. 5. Top the cream filling with choice strawberries and pour over the thickening glaze. Serves 8.

Glazing:

2 level dessertspoons
gelatine

½ gill lemon juice
2 oz. loaf sugar
1½ gills water

1. Soak gelatine in lemon juice. 2. Place loaf sugar and water on and heat. 3. Add softened gelatine and stir again until gelatine is dissolved. 4. Cool and do not use to cover fruit until mixture is just beginning to set.

★ **CHOCOLATE MERINGUE PIE****Postry:**

3 oz. butter
2 oz. sugar
1 egg

5 oz. plain flour
Pinch baking powder
Pinch salt

1. Cream shortening and sugar. 2. Add egg and beat well. 3. Sift dry ingredients and add to creamed mixture. 4. Turn on to floured surface and knead well. 5. Line 9in. pie plate with pastry. 6. Bake in moderate oven for 12 to 15 minutes.

Filling:

3 oz. chocolate
2½ cups milk
1 cup sugar
½ cup plain flour
½ level teaspoon salt
2 egg yolks, beaten

2 level tablespoons butter
2 teaspoons vanilla

Meringue:

2 egg whites
4 level tablespoons castor sugar

1. Place milk and chocolate in top part of double saucepan and heat it over boiling water. 2. When chocolate has melted beat thoroughly until well mixed. 3. Mix the sugar, flour, salt, and blend with a little of the chocolate mixture, return to the saucepan and stir constantly until thickened. 4. Cook for 2 minutes. 5. Add mixture gradually to the beaten yolks, stirring vigorously; return and cook 2 minutes. 6. Add butter and vanilla. 7. Cool, then turn into cooked pie shell. 8. Beat egg whites till stiff, add sugar gradually and beat well. 9. Pipe or pipe meringue on top of filling. 10. Place in oven till lightly browned.

★ SCONES

8 oz. S.R. flour (2 cups)
 $\frac{1}{2}$ level teaspoon salt

1 level tablespoon butter
 $\frac{3}{4}$ to 1 cup milk

1. Sift flour and salt. 2. Rub butter in lightly with tips of fingers. 3. Pour nearly all the milk in at once, keeping a little for glazing. 4. Mix quickly into a soft dough. 5. Turn on to floured surface; knead lightly and quickly. Roll out to a round shape, about $\frac{1}{2}$ in. thick. 6. Cut with a knife or circular cutter. 7. Place on greased and floured slide, glaze with milk and bake in hot oven for approx 12 minutes.

★ GEM SCONES

2 level tablespoons butter
 4 level tablespoons sugar
 1 egg
 1 level teaspoon bicarbonate
 of soda

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups plain flour
 2 level teaspoons cream of
 tartar
 $\frac{1}{2}$ level teaspoon salt

1. Cream butter and sugar well. 2. Add egg and beat in thoroughly. 3. Dissolve soda in the milk. 4. Sift the flour, cream of tartar and salt three times together and add alternately with the milk. 5. Place mixture in heated gem irons—one dessertspoon in each for large irons and teaspoon for small irons. 6. Bake in moderately hot oven for 7 to 10 minutes.

★ PIKELETS

2 eggs
 2 level tablespoons sugar
 1 level tablespoon golden
 syrup

$\frac{2}{3}$ cup milk
 1 cup S.R. flour
 Pinch salt

1. Beat eggs. 2. Add sugar and golden syrup and beat till frothy. 3. Add milk, sifted flour and salt alternately and beat until smooth. 4. Allow to stand approx. 1-2 hours before using. 5. Cook in heated and greased frying pan or on a griddle iron. 6. Add 1 dessertspoon of mixture. 7. When upper surface is bubbling it is usually time to turn pikelet to brown other surface.

★ CARAMEL WALNUT BUNS

$3\frac{1}{2}$ cups S.R. flour
 1 level teaspoon salt
 3 oz. butter
 2 well beaten eggs
 $1\frac{1}{2}$ cups milk
 1 level tablespoon butter
 (melted)

$\frac{1}{4}$ cup sugar
 1 level teaspoon cinnamon
Caramel:
 2 level tablespoons butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup walnuts, chopped
 $\frac{1}{4}$ cup raisins



1. Sift dry ingredients. 2. Rub in butter. 3. Add beaten eggs and milk to make a soft dough. 4. Roll to rectangle $\frac{1}{4}$ in. thick and twice as long as it is wide. 5. Brush with melted butter and sprinkle with mixed sugar and cinnamon. 6. Roll as for Swiss Roll. 7. Cut into 1 in. slices (will yield about 16 slices). 8. Prepare a 9 in. square tin or two smaller sandwich tins by greasing and lining with greased greaseproof paper. 9. Cream the butter and brown sugar and spread on the bottom of the prepared tin. 10. Sprinkle with walnuts and raisins and place on this the slices of dough. 11. Bake in a hot oven for 25 to 30 minutes.

Invalid Cookery



★ GRUEL

1 tablespoon oatmeal
3 tablespoons cold water
Pinch salt

$\frac{1}{2}$ pint milk
Little butter, sippets toast
1 level dessertspoon sugar.

1. Mix oatmeal, water and salt. Heat the milk and pour on the oatmeal. 2. Return to the saucepan and cook for a few minutes. Strain to remove coarse grains. 3. Return to saucepan and simmer 10 minutes, stirring well. A little butter and sugar may be added if desired. Serve in a bowl or cup with sippets of toast.

★ CUP OF ARROWROOT OR CORNFLOUR

1 level tablespoon arrow-
root
 $\frac{1}{2}$ pint milk

Pinch salt
1 level dessertspoon sugar
Nutmeg

Blend the arrowroot with a little milk, place remainder of milk on to boil, when almost boiling, pour on to blended arrowroot, stirring well. Return to saucepan, cook 3 minutes, add salt and sugar and stir well. Serve in bowl or cup with a little grated nutmeg on top.

★ ANGEL'S FOOD

$\frac{1}{2}$ pint milk
2 level dessertspoons
gelatine
1 egg

$\frac{1}{4}$ cup hot water
4 level dessertspoons sugar
Vanilla essence

1. Heat the milk and sugar and pour on to lightly beaten egg yolk. Return to the hotplate, cook until mixture coats the spoon. 2. Allow to cool. 3. Dissolve the gelatine in hot water and add to custard. Flavour to taste, and fold in stiffly beaten egg white. Serve in dainty sweet dishes.

★ BAKED LIVER CUSTARD

1 lamb's fry or liver
1 small onion
1 rasher bacon
 $\frac{1}{2}$ cup grated carrot

Salt and pepper to taste
2 eggs
1 cup milk

1. Wash liver, skin and remove tubes. 2. Mince the liver with the onion and bacon. 3. Add grated carrot and season to taste. 4. Place in a prepared and greased pie dish. 5. Beat the eggs, add to the milk and pour over the liver mixture. 6. Bake in a moderate oven for approx. 1 hour. 7. Serve with bacon rolls, tomato slices and green vegetables in season. Serves 5-6 persons.

★ SAVOURY SANDWICH CUSTARD

8 slices wholemeal bread (square)	3 eggs
Butter for spreading	1 level dessertspoon salt
$\frac{1}{4}$ lb. parboiled bacon (chopped)	$1\frac{1}{2}$ pts. milk
	$1\frac{1}{4}$ cups grated tasty cheese

1. Spread each slice of bread with butter. 2. Place bacon on 4 slices of the bread, then cover with remaining buttered slices. 3. Cut each sandwich diagonally and arrange each sandwich cut side downwards in a greased oven-proof dish, approx. 10in. x 7in. x 2in. 4. Make custard by beating eggs, add salt and milk. 5. Stir in one cup grated cheese, then carefully pour custard mixture around sandwiches. 6. Sprinkle remaining cheese on top of sandwiches. 7. Bake in a slow oven approx. 1 hour, or until set. Serves approx. 6.

★ SAGO CREAM

3 dessertspoons sago	2 tablespoons sugar
1 cup water	2 eggs
$\frac{3}{4}$ pint milk	Essence of vanilla

1. Soak the sago in cold water overnight. 2. Place in a double saucepan with milk and sugar and cook for about $\frac{1}{2}$ hour or until soft, stirring occasionally. 3. Add the beaten egg yolks, gradually, and stir a few minutes longer. 4. Beat the whites of eggs stiffly and fold in. 5. Add essence and place in a glass dish. Serve cold.

★ CHEESE SOUFFLE

3 level tablespoons butter	$\frac{1}{2}$ level teaspoon salt
3 level tablespoons plain flour	Pepper
1 cup milk	3 eggs
	1 cup grated cheese

1. Melt butter. 2. Add flour and seasonings and cook for 1 minute. 3. Add milk all at once and stir till thick and boiling. 4. Separate eggs and beat yolks lightly. 5. Add yolks and grated cheese to white sauce and stir till cheese is melted. 6. Fold in stiffly beaten egg whites. 7. Pour into a well-greased dish or individual moulds. 8. Bake in a moderate oven for approximately 30 minutes or until set.

★ TAPIOCA BUTTERSCOTCH CREAM

$\frac{1}{4}$ cup tapioca	$\frac{1}{8}$ cup brown sugar
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ level teaspoon salt
1 egg, separated	1 teaspoon vanilla
$2\frac{1}{2}$ cups milk	

1. Soak tapioca overnight in $\frac{1}{2}$ cup milk. 2. Beat egg yolk and combine with milk; add soaked tapioca, sugar and salt and place in top of double boiler. 3. Cook over boiling water for 10 minutes, stirring frequently. Remove from heat. 4. Add vanilla; beat egg white until stiff and fold into tapioca mixture. 5. Chill. Sprinkle with nutmeg. Serves 6.

The following recipes are also suitable for Invalids: Brain Savoury—Page 16; Creamed Chicken—Page 17; Omelettes—Page 22; Rainbow Milk Jelly—Page 30.



FOOD AND NUTRITION

The Food We Live By

Eating is such an essential part of our lives that we tend to take it for granted. Today, however, food has become a question of world-wide importance, and its production, distribution and use are major problems.

It is not a matter only for the experts; we, too, can do our part in seeing that the health of the country is maintained and improved by good nutrition. Food provides substances for building our bodies and we cannot expect a first-class product if we use inferior building materials. Prevention is better than cure. It is surely more economic to devote energy and money towards developing healthy citizens than to expend them after ill-health has taken its toll.

Good health means more than the mere absence of disease; it is a more positive state of well-being, resulting in more efficiency, "pep" and vigour, better appearance, and the end of chronic fatigue. It helps to assure a sound physical heritage for the next generation.

Even in Australia, where a wide variety of foods is available, many households are not well fed, although most are getting enough to eat. This was revealed by a survey carried out in 1944 under the direction of the Nutrition Committee of the National Health and Medical Research Council of Australia*. In particular, it was found that a significant proportion of families was not getting enough calcium, and the intake of vitamin B1 and C was considered to be low. The report states: "In general, the conclusion to be reached as a result of the survey is that while there is no lack of sufficient quality of food dietaries of the Australian people, the levels reached are not uniformly satisfactory, and much improvement could be achieved in the quality of food intake in some sections of the community. Though all, apparently, obtained sufficient to eat, many did not eat enough of the right kinds of food."

Further knowledge of nutrition is required if we are to be aware of the kind of food, as well as the amount, that is needed. The farmer can do his part by using methods that will produce the best quality crops, the housewife can assist by choosing the best foods and storing and cooking them in ways that will conserve their nutriment to the utmost. The housewife is a most important person, for the health of the family is in her care, and her task will be carried out more efficiently if it is based on a sound and practical knowledge of food values.

Eating the "right kinds of food" certainly does not mean giving up our favourite dishes and eating tasteless mixtures simply because they are good for us. While we must eat to live, we should also regard food as something to be enjoyed.

*(The Food Consumption and Dietary Levels in 2,730 Australian Family Households in 1944. N.H. & M.R.C.—Special Report Series No. 1, page 63).



1. It provides **CALORIES**.
2. It **REPAIRS** worn-out tissues and provides for new **GROWTH**.
3. It **REGULATES** the various processes of the body.

We can divide foodstuffs into groups to correspond with these functions.

1. **FOODS HIGH IN CALORIES** — **CARBOHYDRATE** (i.e., sugars and starches) and **FATS**.
2. **BUILDING FOODS** or **PROTEINS** (meat, fish, egg, cheese, milk).
3. **BODY REGULATORS** — **MINERALS, VITAMINS AND WATER**.

The five food groups—

Milk and milk products.

Meat or other protein food.

Vegetables and fruit.

Bread and cereals.

Fats.

Milk, the cheapest food!

TABLE OF WEIGHTS & MEASURES

Use a household tablespoon for each measure.

		Weight	Cup
PLAIN FLOUR	3 level tablespoons	1 oz.	$\frac{1}{4}$ cup
SUGAR, CRYSTAL	2 " "	1 oz.	$\frac{1}{8}$ cup
SUGAR, CASTOR	2 " "	1 oz.	$\frac{1}{8}$ cup
SUGAR, ICING	$2\frac{1}{2}$ " "	1 oz.	$\frac{3}{16}$ cup
CORNFLOUR	$2\frac{1}{2}$ " "	1 oz.	$\frac{3}{16}$ cup
GELATINE, POWDERED ..	$2\frac{1}{2}$ " "	1 oz.	$\frac{3}{16}$ cup
DRY CRUMBS	3 " "	1 oz.	$\frac{1}{4}$ cup
BARLEY & RICE	2 " "	1 oz.	$\frac{1}{8}$ cup
CURRANTS, ETC.	2 " "	1 oz.	$\frac{1}{4}$ cup
BUTTER	$1\frac{1}{2}$ " "	1 oz.	
JAM	1 " "	1 oz.	

Use a standard measuring cup:

FLOUR:	1 cup lightly filled to the top line	—4 oz.
SUGAR, CRYSTAL:	1 cup lightly filled to the top line	—6 oz.
SUGAR, CASTOR:	1 cup lightly filled to the top line	—6 oz.
SUGAR, ICING:	1 cup tightly packed to the brim	—6 oz.
BUTTER & OTHER FATS:	1 cup filled to brim	—8 oz.

1. Read carefully and follow measurements, method and cooking directions accurately.
2. Choose good ingredients.
3. Assemble all ingredients; these are best at room temperature.
4. Assemble and prepare all equipment before beginning to mix.
5. Heat the oven if a pre-heated oven is to be used.

GUIDE TO OVEN TEMPERATURES

ELECTRIC RANGE

	Automatic Oven Set Thermostat To:	Non-Automatic Oven Heat To:
Slow Oven	275 to 350 degrees	300 to 400 degrees
Moderate Oven	350 to 400 degrees	400 to 450 degrees
Hot Oven	400 to 450 degrees	450 to 500 degrees
Very Hot Oven	450 to 525 degrees	500 to 550 degrees

GAS RANGE

Slow Oven	250°F.-325°F.
Moderate Oven	325°F.-400°F.
Hot Oven	400°F.-500°F.